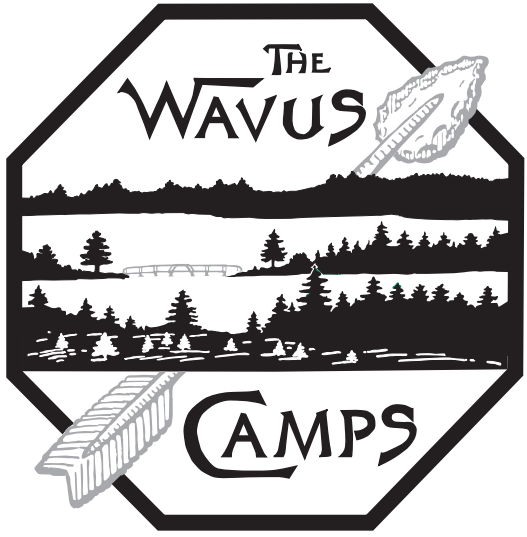
The Wavus Annual

2008

The Wavus Annual 2008

Published by and for the
Staff and Campers of Wavus



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Wavus Annual Dedication – 2008



Pris & Bill Watson

Pris's affection for Wavus began as a little girl, who traveled by train each summer from New York's Penn Station to Wavus Camps for eight weeks. It is indefinable what touches the heart of a child when the only place they yearn for is to return to their camp as a camper, counselor, board member, volunteer, instructor, gardener and faithful ambassador extraordinaire. Pris' heart and dedication has always been felt here at Wavus and continues. Bill joined the Wavus family when he married Pris, willingly we hope, and continues to this day.

In the early nineties, Pris was a leader in the successful grassroots effort to purchase back the Wavus property, reunite alums, re-establish camp and bring back the traditions that shaped and fashioned the patterns of Wavus. With the Kieve-Wavus merger in 2005, Pris and Bill were at the forefront to lend a hand in all ways. They have added a cheerfulness and fulfillment to our lives, whether sailing, wood projects for the campers, the touches of flowers, teaching paddle strokes, sharing stories of Wavus' past or welcoming alumni and staff to their lake and mountain side homes. Pris and Bill exemplify our foundational principles of Kindness, Respect, Responsibility and Courage. Thank you both for all you have done to resurrect Wavus. "And through the far years we will remember."

Wavus

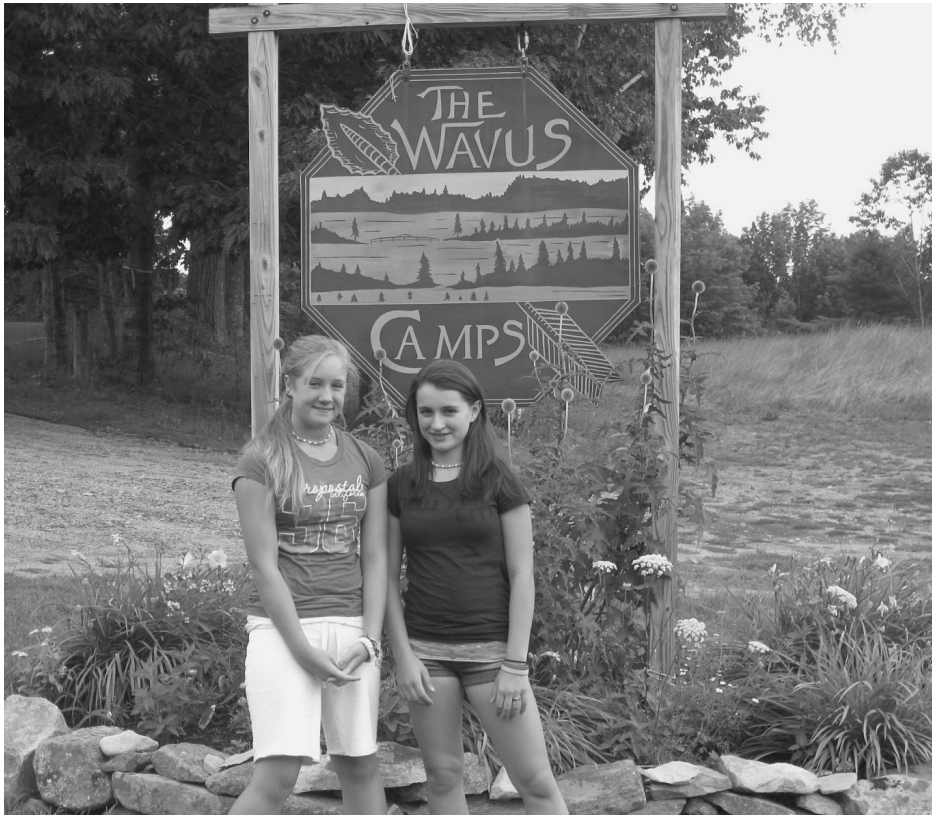
Let the warm air
Blanket me with kindness –

Let the waters always
Support me –

Let the Drumlin help me
Roll all judgment away –

Let the star lit nights
Remind me of my dreams –

And may each friendship made
Bloom like a Lupine – Forever
Seeding beauty.



Wavus Camp for Girls

RAYS OF THE TOTEM

These are the rays of the totem that burn and gleam bright on our pathway.
These are the symbols we cherish, and through the far years will remember.

High aspiration is pictured by the **arrowhead**, pointing straight upward. Higher and higher we're climbing, each knowing deep joy in fulfillment.

Bravery the **Indian** speaks of the courage to do what needs doing. When the right needs defending, be brave, have the courage and grit to defend it.

Industry we have endeavored to signify by the brown **beaver**. What good are ideals and ideas without the stern purpose of working?

Patience the **heron** must practice while waiting for fish for his dinner. Full many a task is accomplished, if self-control rules our emotions.

Love, said the Master, is the greatest, and we too, would follow the Master. We too, would **love** friend and foe, and help all with deep understanding.

Knowledge is power to master the problems and choices of living. Not only the knowledge of **books**, but the lessons experience teaches.

The **spider** calls us to be **Steadfast.** He'll weave his web over and over. We too, must be willing to try, and try again, times without number.

Forget-me-not speaks to remind us to be **Loyal** in thought, word, and action. To the highest and best that is in us, to the ideals carved on the totem.

Truth by the **grail** is depicted; to be trusted is value unmeasured. So bear thyself daily that none need ever doubt aught that thou doest.

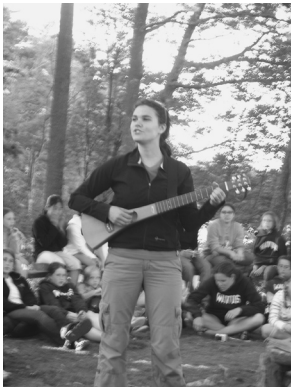
The glow of the **fire** casts its **Radiance of Cheer** into dreary places. So a smile or a laugh lightens a heart that perhaps without you would be heavy.

Often the problems that face us are more than one person can handle. But when two or more **Work Together**, a defeat is transformed into triumph.

Humility bids that we all look to the Master of all for our guidance. He, like the **wheel** of a ship, will charter the course we must follow.

The **Turtle** reminds us of the responsibility we all have as stewards of the environment. We cherish and care for our natural surroundings.

These are the rays of the totem that fashion the patterns of Wavus.
These are the symbols we cherish, and through the far years will remember.





EXIT





JUNIOR WAVUS RESPONSIBILITY– FIRST SESSION

Front: Kiersten Haub, Cricket Dotson, Olivia Molloy, Lila Barker. Middle: Alexa Green, Caroline Jessup, Caroline Dunleavy. Back: LB Richardson, Annie Hopkins, Katherine Jessup, McKinney Tropea, Sophie Bird, Isobel Morrison, Jessica Pushard



JUNIOR WAVUS RESPECT – FIRST SESSION

Front: Beatrice Pecover, Honor Gabriel, Brittany Loveless. 2nd Row: Livi Jones, Elizabeth Benham, Isabel Stettinius. 3rd Row: Katherine von Weise, Molly Emmons, Samantha Page. Back: Rachel Bickford, Polly Massaro, Christy Bradley



JUNIOR WAVUS COURAGE – FIRST SESSION

Front: Lynsey Prout, Caroline Muller, Morgan Palmer, Marisa Wesker. 2nd Row: Lexi Silver, Julia Dixon, Jojo Neess. Back: Caroline Buck, Ella von der Schulenburg, Julia Mills, Kylie Lavine, Nina Wilson, Maria Novick



JUNIOR WAVUS KINDNESS – FIRST SESSION

Front: Adrienne Green, Hadley Parker, Izzy Layman, Crosbie Marine. 2nd Row: Alexandra Coggeshall, Banks Dotson, Julia Feiss, Kate Knott. Back: Katie Hoblitzell, Shawna Sullivan, Heather Lersch, Allison Cantrell, Maura Eagan, Laura Gribbell



PRIDE – FIRST SESSION

Front: Charlotte Phillips, Chloe Kaubisch, Rachel Lurker, Elise Pryor, Susie Ropp, Georgia Cassidy, Sophie Stavisky, Palmer Voorhees, Ashlyn Buffum, Olivia Quinton, Margot Shang. Back: Melissa Haynes, Kate Middleton, Tegan Mortimer



ALGONQUIN – FIRST SESSION

Front: Shelby Hetherington, Lulu Ward, Margaux Forcione. 2nd Row: Margaret Dent. 3rd Row: Elliot Gilbert, Katie Day, Ells Kraft, Alex Needham, Isa Froemming. Back: Anna von Krusenstierna, Diana Sternberg, Lizzy Bates



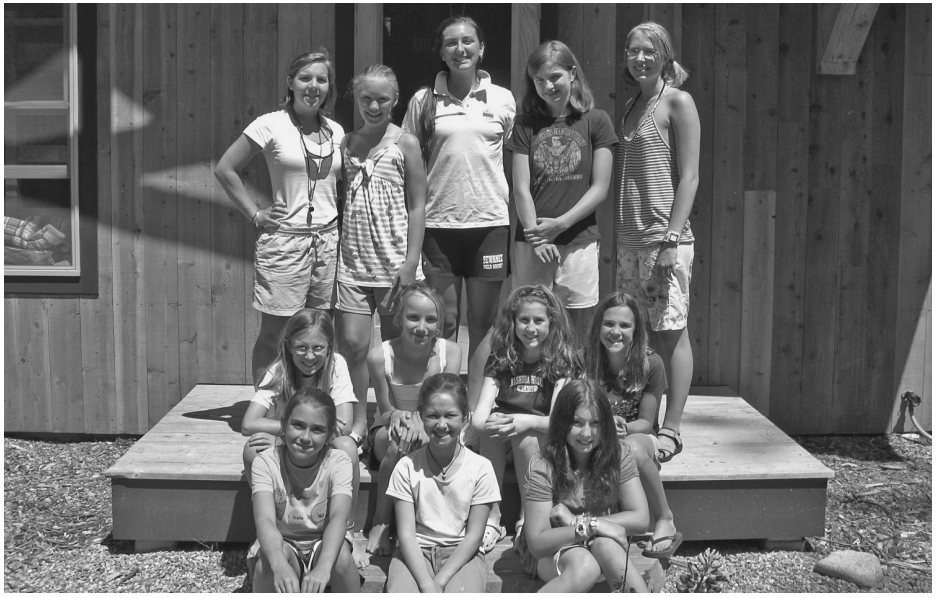
MOHAWK – FIRST SESSION

Front: Emma Cusano, Morgan Burns, Abby Tanen. 2nd Row: Phoebe Walker, Kayla Connors, Cindy Livingston, Honor Paine, Nickél Burchette. Back: Jamie Williamson, Alyssa Rose, Annie Hopkins, Emily Lesinski



CHEYENNE – FIRST SESSION

Front: Eleanor Parker, Caroline Conway. 2nd Row: Elizabeth Vann, Catherine Apt, Caroline Sullivan, Zoe Alles. Back: Amanda Leonard, Emma Alvedahl, Claire Benning, AB Houghton, Emma Kelly, Rachel Foster, Laura Stewart



CAYUGA – FIRST SESSION

Front: Lexee Pinsky, Sophie Jensen, Jesse Conway. 2nd Row: Oliva McCahan, Ellie Crudgington, Avery Dove, Lucy Ward. Back: Kacey Caudle, Ellie Maltby, Carly Grimm, Chase Leisenring, Madde Lindal



CHEROKEE – FIRST SESSION

Front: Kate Feeley, Caroline Motley. 2nd Row: Oriana Smith, Victoria Bush, Nancy Billings. 3rd Row: Madeleine Cross. Back: Asia Murrilo, Annelise Vought, Ohemaa Opoku, Harriet Fink, Sara Suddreth. Missing: Caitlin Wood



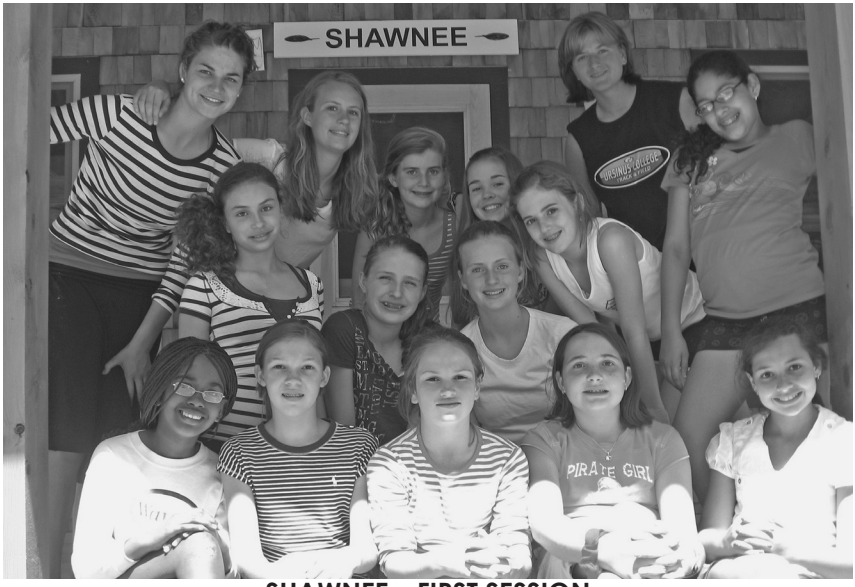
NARRAGANSETT – FIRST SESSION

Front: Brooke Mullen, Deli MacEwen, Eliza Potter. 2nd Row: Devyn Winter, Audrey Bransfield, Bea Kelly. Back: Anna Titcomb, Sarah Hart, Eliza Mantelmacher, Cannon Passano, Liddy Ambler, Ellie Shepley



ABENAKI – FIRST SESSION

Front: Sam Topchik, Abby McGrail, Julie Zink. 2nd: Julia Keefe, Kate Glass, Kate Hackett. 3rd: Casey Ross, Becca Giles, Dani Berdut. 4th: Cata Robert, Fern Pett, Tori Burke. 5th: Kelsey Brick. Back: Emily Maclary, Shell Noiles, Steph Saporito



SHAWNEE – FIRST SESSION

Front: Diamond Stevens, Tori Anderson, Courts Bliss, Kat Jones, Tirah Hartung. 2nd Row: Ana Marx, Caroline Armour, Crystal Hawley, Riley Henderson, Starr Ortiz. 3rd Row: Elise Lindsey, Isa Berglund, Catherine Malloy, Charlotte Rowland, Jen Norton



OMAHA – FIRST SESSION

Front: Lily Plummer, Caroline Hill, Katie Ferguson, Lizzie Frieder, Kalyn Altmeyer. 2nd Row: Charlie Woodhams, Andrea Silvestri, Kana Rolett, Molly Driscoll, Lindy Perry. BAck: Alina Swiadas, Malory Ferguson, Ashley Wyman



OJIBWAY – FIRST SESSION

Front: Dora Cronin, Avery Kelly, Cullen Lapointe, Emily Rodrigue, Catie Hopkins. 2nd Row: Sydney Halloran, Betsy Sednaoui, Eliza Dorsey, Tatiana Dalton, Maggie Kelly. Back: Sam Clews, Alexa Comstock, Sewell Robinson. Missing: Bailey Ross, Molly Wood



OSAGE – FIRST SESSION

Front: Cassie Townsend, Mele Ryant, Libby Soehl, Liddy Sykes
2nd Row: Ellie Knott, Zeeza Cole, Drew Boulos, Lindsay Demuth
Back: Mary Anna Lynch, Daly Arnett, TJ Parker, Issie Comstock



ALLAGASH - BUFF – FIRST SESSION

Front: Molly Cleveland, Sara Fielder, Laura Lee, Adrian Huntington, Dylan Alles. Back: Leah Agren, Bee Crudgington, Poppy Doolan, Charlotte Blake, Marissa Nerbonne, Mya Steadman. Missing: Rose Chiumento



ALLAGASH - GREEN – FIRST SESSION

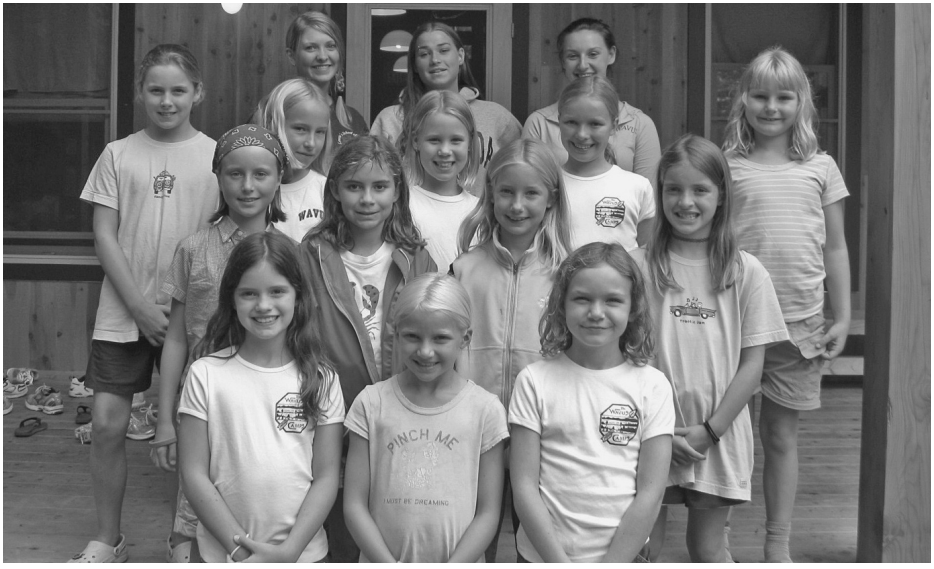
Front: Belin McGehee, Anna Feiss, Zoë Atchinson, Ellie Weickert, Ellen Perkins Back: Ellie Feeley, Claire Jones, Boone Saunders, Grace Muller, Chelsea Guptill Missing: Meg Chiumento



IROQUOIS – FIRST SESSION

Front: Lindsay Gallo, Hannah Finn, Mandy Mathias, Charlotte Gerchick. Back: Cara FitzGibbon, Maggie Barger, Hayley Bright, Emma Murphy, Laura Karabell





JUNIOR WAVUS RESPONSIBILITY – SECOND SESSION

Front: Sophie Beney, Lily Cooper, Betsy Dietze. 2nd Row: Isabel Sorenson, Charlotte Gregg, Katharine Dougherty, Kate Vaske. 3rd Row: Anna Thorndike, Ingrid Sant, Sophie Conley, Hillary Umphrey. Back: Madeleine Potter, Rachel Bickford, Melissa Wider, Lykara Hayes



JUNIOR WAVUS RESPECT– SECOND SESSION

Front: Lindsay Keller, Leah Yassky, Jennifer Shorb, Anna Holt. 2nd Row: Chase Warner, Kathryn Grennon, Katie Cooper, Zoë Nadeau. 3rd Row: Sarah Werner, Emma Goltz, Ramsay Everitt, Maddy Leen. Back: Lisa McClellan, Lucy Lynch, Anna Otis



JUNIOR WAVUS COURAGE – SECOND SESSION

Front: Olivia Clifford, Gabriella Clifford, Gracie Dugery, Gabrielle Lawrence. 2nd Row: Sara Labriola, Ellery Hicks, Clara Parkus. 3rd Row: Olivia Hallisey, Amanda Cooleen, Maddie Metcalf. Back: Cara Cavalieri, Kate Hoblitzell. Missing: Ella Walker



JUNIOR WAVUS KINDNESS – SECOND SESSION

Front: Sofia Amaro, Em Townley, Haley McGloon. 2nd Row: Julia Saile, Claudia Teti, Kelsey McEvoy, Ellie Neilson. 3rd Row: Alina Swiadas, Britt Berrard, Emma Cosaboom, Paige Ballard, Kirsten Weiner



PRIDE – SECOND SESSION

Front: Hannah Hicks, Georgia Rego, Addie Dahlke. 2nd Row: Dede McKelvy, Rhiannon Fletcher, Olivia O'Bryan. 3rd Row: Fia Corning, Gretchen Alexander, Sydney Hoffman. Back: Polly Massaro, Anna Cutler, Molly Barrows, Marisa Beney, Winslow Brokaw



ALGONQUIN – SECOND SESSION

Front: Julia McArthur, Emily Talpey, Hannah Dubinski. 2nd Row: Alexa Orlando, Caroline Hall, Kalea Gale, Georgi McLoughlin. 3rd Row: Liv Olcott, Sam Shapiro, Emmy Byford. Back: Grace Shorr, Malory Ferguson, Madde Lindal



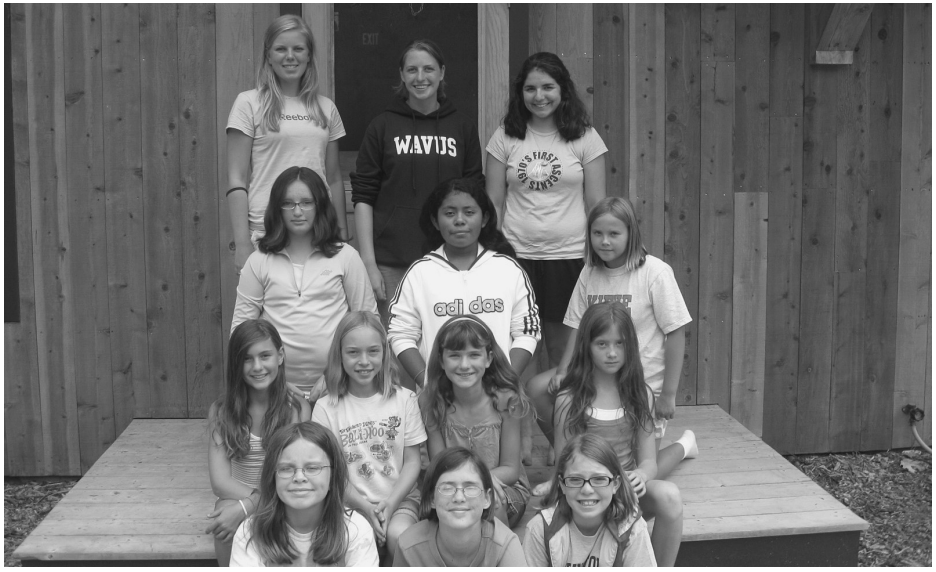
MOHAWK – SECOND SESSION

Front: Sophie Jayet, Nicky Fox , Genny Fischer. 2nd Row: Lily Tromanhauser, Sarah Wilson, Katie Elliott, Nat Unger, Lexi Brooks. 3rd Row: Ana Konyk, Alice Bennett, Meri Dorman, Abby Heher. Back: Alexa Comstock, Jen Norton, Kacey Caudle



CHEYENNE – SECOND SESSION

Front: Emma Landes, Hannah Wagner. 2nd Row: Emmy Lynch, Hannah Ash, Bridget Lattimer, Courtney Close. 3rd Row: Tracy Reick, Lindsay Stewart, Allison Obstler, Rachel Libby. Back: Issie Comstock, Sarah Janiszewski, Molly Peckar



CAYUGA – SECOND SESSION

Front: Caroline Crocker, Sarah Nichols, Sinclair Meggitt. 2nd Row: Tsipora Hacker, Rebecca Cibbarelli, Grace Glovier, Camille Dunwoody. 3rd Row: Quincy Abramson, Marley Santos, Emma Zetterberg. Back: Hanna Bernes, Jaime Williamson, Laura Karabell



CHEROKEE – SECOND SESSION

Front: Isabelle Orlando, Lauren Raimbeault, Keegan McLoughlin. 2nd Row: Sarah Pape, Ginnie Durkin, Capri Catanzaro, Lindsay Petralia. 3rd Row: Hadley Brown, Sam Silverman, Meg Forelli. Back: Carly Grimm, Emily Maclary, Tine Lorentzen



NARRAGANSETT – SECOND SESSION

Front: Maud Jayet, Hannah Richardson, Rose Chiarello. 2nd Row: Simone Unger, Abigail Summerville, Joanie Kinnaird, Louise Wurzelbacher. 3rd Row: Jane Finkenstaedt, Emma Mazzuchi, Bridget Finnegan. Back: Emily Lesinski, Lucy Lynch, Shell Noiles, Mya Steadman



ABENAKI – SECOND SESSION

Front: Anna Pieringer, Alexandra O'Bryan, Parker Dean, Phoebe Perelman, Darby Philbrick. 2nd Row: Harley Williamson, Caroline Wilson, Meghan Miller, Riley Vaske, Brooke Stewart, Hannah Schott. Back: Eliza Cress, Ohemaa Opoku, Asia Murillo



SHAWNEE – SECOND SESSION

Front: Yin Agbontanen, Talie Hauptman, Larson Bennett, Emma Howard. 2nd Row: Alice Kittredge, Haley Daniels, Meg Shenton, Katie Burke. Back: Dayla Pascador, Hannah Barnes. Back: Laura Stewart, Ashley Wyman, Alyssa Rose



OMAHA – SECOND SESSION

1st Row: Meredith Petralia, Emily Fischer, Elle Reynolds, Shandra Thompson. 2nd Row: Erin Gates, Sam Essig, Lia Keyser, Meredith Horan. Back: Leah Agren, Michaela Wozniak, Alex McLoughlin, Emmy Ribet, Eliza Edgar, Liz Bendzunas. Missing Staff: Amanda Leonard



OJIBWAY – SECOND SESSION

Front: Georgia McKee, Sarah Kaplan, Greta Brown. 2nd Row: Molly Billings, Mary McAuliffe, Lillie Tuthill. 3rd Row: Sammy Gorman, Chara Taylor, Maddie Cady. 4th Row: Lexi Dorman, Emmi Hodess, Ari Miele. Back: Alina Swiadas, Belin McGehee, Erin Malafronte



OSAGE – SECOND SESSION

Front: Kendall Close, Lindsay Conley, Kate Sullivan. 2nd Row: Mary Yost, Elena Joukowsky, Cricket Wemyss. 3rd Row: Nikka Pascador, Lily Schrecengost, Alex Koehler. 4th Row: Ellen Perkins, Emmy Peters, Lelani Sullivan, TJ Parker, Paris Hanson, Gemma Colón, Sam Clews



ALLAGASH – SECOND SESSION

Front: Carey Hauber, Emily King, Elise Cormier. 2nd Row: Claire Yost, Bay Crosby, Kasey Jackonis. 3rd Row: Alayna Lewis, Hailey Newbound, Alaire Davis. 4th Row: Alex Stimpson. Front: Lizzy Bates, Mary Anna Lynch



IROQUOIS – SECOND SESSION

Front: Lauren Geddes, Emma Cushing. 2nd Row: Lindsay Weibel, Caroline Clark, Kayla O'Sullivan. 3rd Row: Francke Wurzelbacher, Sarah Ribet. Back: Meg McFarland, Elise Lindsey

Archery

Tegan Mortimer

Archery this summer was an incredibly popular activity both with cabins in the morning and in the afternoon sign up sessions. The level of skill attained by many of the girls was staggering as well as their ability to set goals for themselves and more than anything their determination in reaching those goals. In the heat of session one or the pouring rain of session two it was a joy to watch girls reach their goals or surpass them with flying colors. An amazing 103 full session girls completed a medal point in the medals program, with 66 Ws, 25 Bronzes, 11 Silvers and one Gold over the course of both sessions. Archery was also a hot item during the Junior Wavus session. A number of girls attained their Little ws, Big Ws and a few even earned their Bronzes. Archery also made an appearance in special full camp activities, during first session's Wavus decathlon and Wavapaloosa second session. In both events cabins had to either hit the target five times or pop a balloon with all girls shooting only one arrow. All cabins successfully made it through the archery station with some amazing balloon popping skills. I hope everyone had fun on the range this summer and I look forward to seeing you all next summer.















Arts and Crafts

Melissa Hunnebell

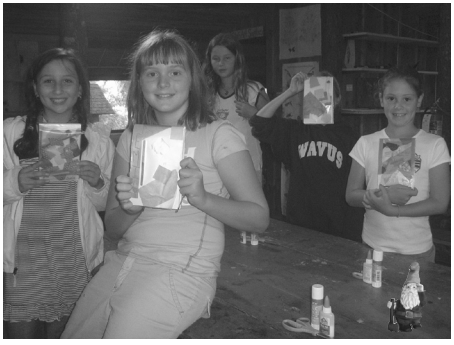
The Owl's Nest saw many talented and thoughtful artists working in its peaceful space this summer. Campers were led on a visual journey that opened up some new pathways of expression. Each day was a time of discovery and cooperation in the shared studio at Owls' Nest. I had a blast being immersed in the incredible variety of ideas and perspectives the girls showed; so many that we never could have predicted. The Wavus artists from Session 1 were very creative, sensitive, and thoughtful. They filled sketchbooks with their dreams, ideas, and favorite images. Together we explored how to name our moods with oil pastels, watercolors, yarn, pencils, and paper of many kinds. We felt the wind on our faces and transferred it to the page with finger paints and lots of energy. Making leaf rubbings with crayons, we developed complex collages. Colorful prints were made from leaves, and later became greeting cards. Watercolor pencils and talent recorded the beauty around us as we sat on the banks of Damariscotta Lake.

Wavus' Session 2 artists were a very open-minded and spirited bunch. They questioned conventions, and always preferred to choose their own project when given the opportunity. Mohawk and Algonquin cabins were each given the challenge of working as one 12-headed, 24-handed artist, creating a large drawing together. They successfully surpassed the struggle of designing, planning, and executing a masterpiece as a team. All campers enjoyed camaraderie and revealed their personal wishes for the world as they sat in a circle weaving God's Eyes.



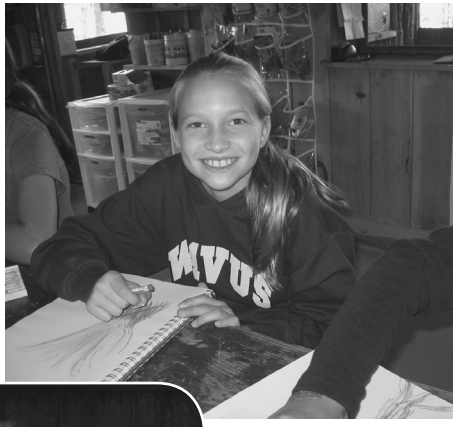




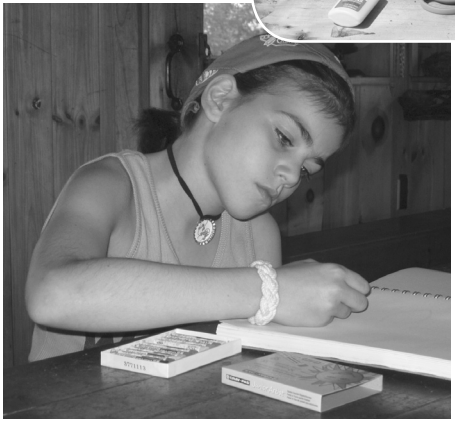


Many sessions in the Owl's nest were spent working by a cheery fire; Art was a good friend to chase away the gloom of another rainy day! I enjoyed working with each girl at Wavus. They always surprised me with how much they could accomplish. I'm sure they will continue to explore art and life without fear.











Canoeing

Lizzy Bates

Canoeing and kayaking were great successes this session. Laughter was frequently heard coming from the direction of the dock and cove. The older girls enjoyed paddling around the point, challenging themselves on distance and speed while the younger girls amused themselves with improving their skills and water games. A fun activity common with some of the younger cabins was joining all the kayaks together, bow to stern and paddling around attached to one another. Water fights were also an exciting way to spend the kayaking/canoeing period. The only small complaint from the campers was the spiders that were found in the boats before launching. That complaint, however, was easily remedied with an inspection by counselors and the removal of any creepy crawly. The girls had a lot fun on the water and they look forward to using the paddling skills on the long trips.













Cooking
Kim Townsend

Oh the wonderful aroma of our cooking creations greeted those who walked by the kitchen in Andrews Hall every afternoon! We so enjoyed making all sorts of fabulous foods during camp this year and the campers eagerly shared their successes with counselors, staff, and fellow friends. Throughout the sessions, we dabbled in many aspects of baking which included sweet breads, yeast breads, pies, cookies, candies, muffins, and much more. Some cabins going on trips even created granola bars to take with them on their trip! Cooking truly builds confidence and gives these campers a tool to give back to those they love. Their smiles and joy throughout the summer in cooking class were truly infectious and enlightened the hearts of all those around them! What beautiful young ladies inside and out! I am already excited for next summer to come and share in this rewarding activity once more!





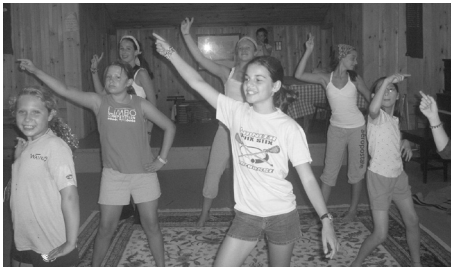






Dance
Oheema Opuku

The dancing program at Wavus was great this summer. An objective of the program was to help the girls bring out the dance skills in them and also to show them the various types of dances in Africa. Dance classes were full daily. They embraced the choreography and helped by adding their own movements. All bodies move differently but all bodies dance! Seeing the girls dance around camp confirmed their love of dance. Most of the dances they learned were performed in the dinning hall after supper for entertainment and sharing their love of movement. The girls at Wavus definitely felt free to express themselves through dance. Hopefully the girls finished their camp year with a sense of love for dance and the passion that goes with it.






Drama
Laura Stewart

We had so much fun in Drama! We played games, did skits, made up scenes and even had the odd game of charades. Some of the games that we played were 'World's Worst', 'Backwards Interview', 'Hostess', 'Translation' and 'Freeze'. We had so much fun playing these games and seeing everyone come up with new exciting ideas of ways to work them.

It was also great how many girls signed up more than once to join us in the afternoon. It was great seeing familiar faces and new ones too working together and having fun. Along with being silly and fun this also gave the girls a chance to gain self confidence by acting out silly characters in front of others. Overall Drama was a great addition to our camp activities and we can't wait for next year's session!

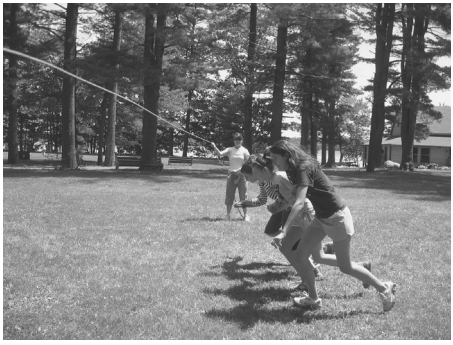
Field Sports

Jen Norton

Our field sports area is located at the grassy area around the flag pole. Field sports takes place during morning periods or during general swim. Games range from pick up games of soccer, lacrosse to tetherball and capture the flag. Capture the flag is always a big hit, especially among the younger cabins. The most important part of field sports is that everyone always has a good time. Second session weather crimped our style a bit with all the rain, but the girls always came ready to play and met the challenge with Wavus spirit!









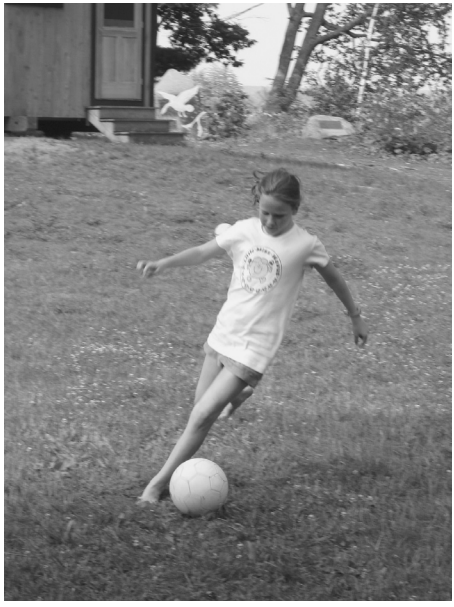

















POTTERY











Pottery

Jillian Martins, Elizabeth Downs, Malley Weber

This summer campers created a lot of beautiful pieces. Many of the creations went home while others were gifted to Wavus. Each girl made an individual tile adding their unique flare and symbolic signature. These tiles can be seen hanging on the outside wall of the pottery studio for enjoyment and fond memories for many years to come! Campers also got to experience creating pottery on the wheel. Some cabins worked together on one giant bowl that now sits on their cabin's table in Jewell with the girl's initials and cabin name. We love this display of 'pride and passion!' Campers also enjoyed the finer craft of clay, making pins, earrings, beads, and crazy creatures.

In second session we teamed up with the Wood folks to make a tile top table for Wavus. Tiles made from both sessions were used as the top. This joint project included every single camper, which was a great accomplishment. The table is in Jewell and will be used next summer season to set the 'wild doughnuts' on. Campers also assisted in making a transportable Totem pole for Wavus. Camper's rolled clay, sculpted individual rays, glazed and fired the individual pieces that represent the totem. This amazing representational art was displayed across the camp. Everyone earned there Wavus W in pottery second session! Hope to see you all back next summer, ready to dive into the world of clay!









Riflery

Ashley Wyman

All summer long our Wavus campers worked on mastering the .22 rifle. All the girls showed great enthusiasm to learn to shoot, and after reviewing the rules on safety—they were hooked. The girls practiced throughout the sessions and developed their shooting skills, mastering the iron sights and some even shot a bull's-eye! All in all, it was a great summer and we look forward to seeing the girls back on the riflery range!















Ropes

Adventure Course Director Holli Mellick and Assistant Course Director Kara Fagan

With the good weather first session, and despite the rainy weather second session, ropes has been a very sought after activity this summer. In the morning, the campers come down as a cabin and work on low elements and other team building activities. In the afternoon, the girls can usually be found up in the trees traversing, climbing, swinging, or zipping on one of the many high elements on the course. After the campers have learned the basics on the course and completed some of the lower elements, many choose to challenge themselves on the higher elements such as the Giant Swing and Aqua Zip. As the many returning campers and eager new girls get to know the course better, they begin to master the technical aspects of adventure education. From learning commands to identifying hardware and equipment, the campers gradually take on more responsibility and share their expertise. All of the team building activities and elements of risk allow campers to embody the adventure course's motto "challenge by choice." Each element requires ingenuity and enables the campers to express themselves, and quite literally reach new heights. This summer we have been extremely fortunate to have a 10-person staff that loves what happens on the adventure course as much as we do. They worked on the course whenever possible, and shared in the accomplishments of each and every camper when belaying, spotting, instructing, or simply encouraging. We are already looking ahead to next summer with anticipation!





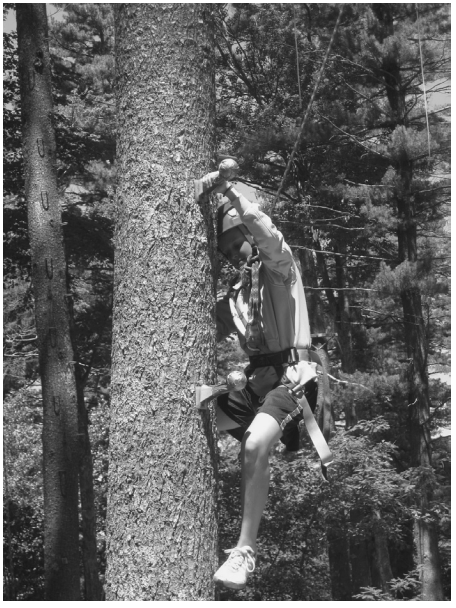

























Sailing

Polly Massaro

Wavus enjoyed another excellent season of sailing on Damariscotta Lake. Every camper was encouraged to try their best in sailing, master the technique and understand the mechanics of the boats. In the mornings every cabin had the opportunity to experience and overcome the challenges of sailing. In the afternoons sailing was offered as a sign-up activity, as a means for improving their skills as a sailor. Optis are perfect little boats for Wavus sailors, for beginning and seasoned sailors alike. We successfully enjoyed sailing every day possible and were pleased by the perfect wind and weather on the lake. We look forward to new adventures in sailing in the future!













Tennis

Laura Karabell

The Wavus campers had a good time on the tennis courts. The girls worked on some tennis basics such as forehands, backhands and volleys. They put these skills to work in games like 'Queen of the Court' and 'Around the World'. The girls always brought their enthusiasm to the courts and their practice rewarded them with some great improvement in their tennis game. Despite second session's rainy weather, we were able to get in some good games and drills. Keep practicing, girls!

















Snowgoose

The Snowgoose was a great time for everyone! The beauty of Muscongus Bay, with its Islands, shoreline, open sky, vast waters, smells, sounds, animal and aquatic life viewed from a lobster boat with captain Mike at the helm, Luna the chocolate lab protector and crew make for an adventure anytime! Sun, rain, wind or fog the Snowgoose go's on and it never skip a beat whether we are seal searching, fishing (hopefully for strippers!), bird watching or taking in the surrounding views. It is really exciting when we are pulling up lobster traps, learning about the lobster industry and how they farm the ocean waters for lobster, the standards as to what kind of lobster (male or female) and size are legal to catch and eat, is insightful and worthy of doing a school report on in the future! Better yet, the opportunity to hold a live lobster is totally cool….for some. After all the informative , relaxing part is done, Captain Mike anchors in a quiet calm cove, where we eat lunch on the boat and then get to climb on the top of the boat and JUMP into Maine's finest waters that are always COLD (they say that is why Maine has the best lobster!). This is so much fun that we do this continually, as well as swimming around the boat. We are not competitive but we do keep a running count on jumps and boat swim about's! It is a full day on the Snowgoose and we give our thanks to everyone who makes this adventure a memorable one!









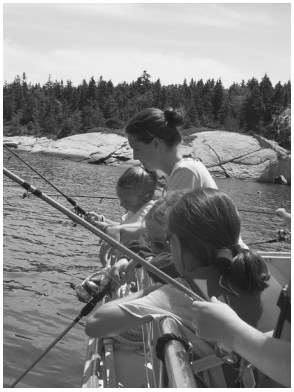














Wavus Waves

Paula Stratton and Heather Lersch
Co-Waterfront Directors/Aqua Goddesses

Safely tucked away in a small cove at the Wavus waterfront, you can often hear playful screaming, splashing and laughing coming from "the Crib" during the Wavus Waves instructional morning swim program. If you look closer, you might see a green and blue Wavus Waves swim cap bobbing through the water or a rubber chicken balancing on a camper's head. You might also hear a loud game of water polo or a backstroke clinic taking place down at the docks. Later, a Wavus camper might come up and tell you about her waves across the entire United States, through the Wavus Swim USA optional lap program. The waterfront is a busy place for Wavus Waves swimmers and there sure has been a lot happening this summer!

This summer during first session 2008, we had over seventy-five percent participation in the Swim USA program, which is where each state represents a different number of laps for swimmers and they can color in each as completed on a t-shirt. This year, Claire Benning from Cheyenne completed the entire Swim USA program, having started last year and finishing over 1,500 laps by the end of the first session. Every single swimmer made excellent progress, getting their personal best, and were able to take home t-shirts with several Swim USA states fully completed.









Also popular this session at "the Crib" were the Wavus Medal books. More swimmers than ever before received their Wavus Swimming Points and were able to place their hand-prints on the "Swimming Rock of Fame" for each level completed. Overall, campers worked on strength training during many Echo island swims and were able to improve on their basic stroke technique. On the final day of camp, close to fifty Wavus campers woke up at the crack of dawn for a polar bear island swim to close off a great session down by the Wavus waves. By the end, the Wavus Waves swim program allowed all girls to become stronger, more confident swimmers, while also giving them a chance to laugh and have a great time in the water!

These optional swim programs allow swimmers to set and work on long-term swim goals over the course of the session, which can be continued during future summers at Wavus. Both programs allow swimmers of any ability level to improve their swim strokes and increase their overall waterfront safety awareness and comfort level. Wavus swimmers could often be seen bobbing along to the nearby Echo Island, which counts as 46 laps towards Swim USA.













Overall this summer, we had the most participation we've ever had in both of these programs, resulting in several sweet trips to our local JScoop ice cream parlor for the ultimate reward for fantastic enthusiasm. The Wavus Swimming Rock of Fame was covered in "hands of Star Swimmers" by the end of the summer. The swimmers get to sign and paint different colored hands on this famous rock down at the waterfront, based on their completion of different levels of difficulty in their Wavus Medal Books. We also had one staff member, Madde Lindal, from Algonquin, and one camper from Mohawk, Genny Fischer, who completed the entire Swim USA during second session. Great job ladies and keep up those waves, Wavus! Thanks for a great summer!

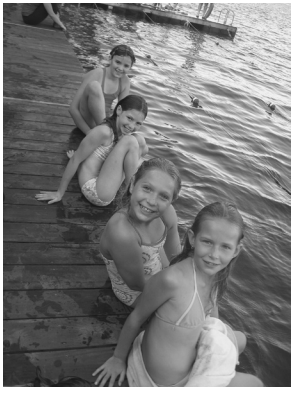
It is 9:30 AM and the Cherokee cabin gathers at "the Crib" for Wavus Waves. The girls are greeted by a bald eagle circling above us. They enter the water and begin swimming laps to add towards Swim USA. We are pleasantly surprised by the appearance of a family of Mallard ducks. To our amazement and amusement, one of the ducks enters a lane and begins swimming with the girls. Despite a plethora of rainy days second session, on this particular day the sun did shine, laughter filled the air, and once more "Life is Good" at the crib.






















Swim USA














H2OA-Thon


Wilderness Tripping

Co-Directors Lindsay Anderson and Sara Taylor

On your trips you all kept enthusiasm high through the rain and worked to make sure that each group member felt supported. It was the energy you gave especially when you didn't feel like you had it that generated the highs of tripping, and your patience with the inevitable lows (rain, anyone?) that allowed everyone to reach the challenges they set for themselves. Thank you for helping each other discover their personal and mental limits, and congratulations on completing your trip in the wilderness, whether is was down the road at the yurt or on the top of the mountain on the Appalachian Trail. You have accomplished much, and I hope the knowledge of your accomplishment will help you when you are faced with your next challenge.

I assume that you all went into the trips imagining sitting by the lake watching a full moon rise over a clear lake. I hope you found that, and congratulations on having a few more experiences:

- Unhitching a broken trailer at night, in the rain, with no hope that anyone will be able to help you
- Listening to the sound of a tent flapping at night—all your tent mates are sleeping, but to you it sounds like an ax murderer is about to get you
- Surprising things taste good in the wilderness, and just because food is smushed doesn't mean it won't still be really yummy.
- Boys go tripping out there in the woods too.
- Paddling in the rain can be fun if you sing about it
- Outhouses don't have lights, and often run out of toilet paper right before you get there
- You can be in a situation where you are tired, uncomfortable, and maybe even a little bit scared, and you can still do it.

Thank you for reminding us to try new things, even if they are scary!





Woodworking

Katie Bessey and Cara FitzGibbon

Woodworking at Wavus this past summer was a rewarding experience. We made floatable sail boats out of Northern White cedar, board games, wooden covered journals, spoons, boxes, picture frames, bird houses, bird feeders and many creative afternoon session projects including animal figures, miniature dog and doll homes, and wooden plaques. The girls all exhibited beautiful open minds towards the timeless craft of building, using all hand tools including planes, coping saws, drill bit braces, chisels, clamps, hammers, sand papers and files. We experimented with the difference between finishing wood with oils, stains, and acrylic paints. In the last week we constructed a table together in collaboration with the ceramics department where each class came to work on the next stage of the table. It is a 3' by 5', beautifully stained tile top structure that all the cabins had a part in for building and designing. To see the excitement of woodcraft in these multi-aged girls is a pleasure.

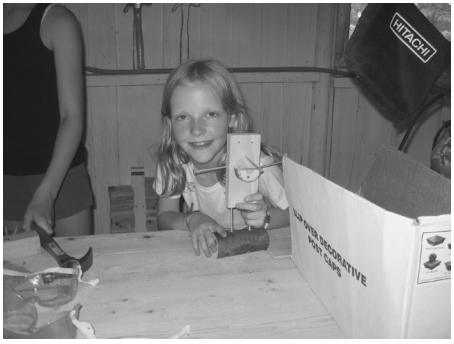
Thanks, Katie

The wood shop was full of enthusiasm this session, as the girls dived into all sorts of projects. They made peg games, sketchbooks, jacob's ladders, spoons, and bird feeders, among other things. Many campers made beautiful projects that were inventions of their own, including a beautiful little tree and a magical pink fairy house. Algonquin was full of woodworking enthusiasts who spent as much time as possible in the wood shop, crafting lots of spectacular projects and winning the heart of the woodworking instructor. It was a fantastic, safe, fun, and educational session for woodworking.

Thanks, Cara






HITACHI















Ice Cream


JEFFERSON


WAVUS


JEFFERSON






ROUND TOP ICE CREAM
SINCE 1924
WE MAKE OUR OWN
RUBY'S BIRTHDAY





The Best of Friends

The best of friends,
Can change a frown,
Into a smile,
And when you feel down.

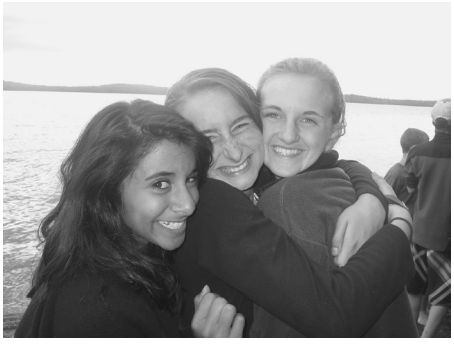
The best of friends,
Will understand,
Your little trials,
And lend a hand.

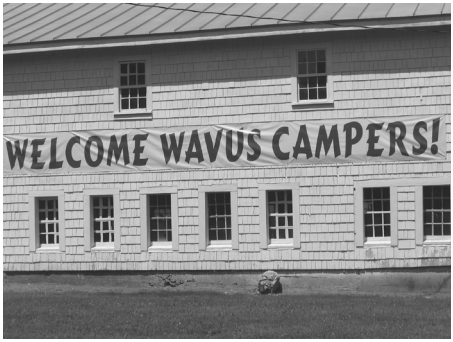
The best of friends,
Will always share,
Your secret dreams,
Because they care.

The best of friends,
Worth more than gold,
Give all the love,
A heart can hold.

-Wendy Hinson






WELCOME WAVUS CAMPERS!


CAUTION
Future World
and Local Leaders
at Work and
Play




















WAVUS
KIEVE








WAVUS



First Session G.O.D. Reports

June 26
Belin McGehee

Today at Wavus everyone woke up to a beautiful sunny day. After a delicious meal of breakfast burritos and home fries the campers were off to their morning activities. Morning activities consisted of everything from canoeing to low ropes initiatives. Next was a lunch of pizza while campers signed up for a wide variety of afternoon activities. Campers were able to participate in sailing, archery, high ropes, cooking, pottery, dance and much more. After dinner campers went back to their cabins and got ready for the special evening activity. Since it was Rock Star day the activity planned was air guitar, a camper and counselor favorite. It was clear that all the cabins brought their all to this event and we really saw the Rock Stars come out! After a camp wide dance party, we lowered the flag and said goodnight.

June 27
Ellie Shepley

Overcast weather did not squash the spirit of Wavus campers today! Everyone showed up to flag in their best "Camp Boot Camp" apparel; lots of camo clothing and black face paint. After a breakfast of eggs, bagels and fruit, everyone cleaned their cabins and went off to their morning activities. Some girls canoed or kayaked, others spent the morning on the archery and riflery ranges, and some braved the cold water for Wavus Waves. The Allagash Buff, Allagash Green, and Iroqois cabins spend the day aboard the Snowgoose, where they broke the record for most times jumping off the top of the boat and into the ocean! Everyone gathered at the picnic tables for a lunch of grilled cheese sandwiches and soup – perfect for a chilly day. The afternoon was spent cooking, sailing, dancing, knitting, and making friendship bracelets. Dinner was moved inside because of the cold, and we all enjoyed spaghetti, corn, salad and warm rolls in front of the fire in Jewell. The evening activity was a giant game of "Manhunt," where half the camp hid and the other half had to find them. There was lots of screaming and chasing all over camp. After songs and evening flag, the girls went up to their cabins to be tucked into bed. All in all, a great day!

June 28
Anna Titcomb

Campers and Counselors woke up to a misty morning but that didn't prevent them from strutting their togas at flag. After a hearty breakfast of eggs, bacon, and sausage the girls prepared for their day. Morning activities included everything from canoeing to target sports. Just as lunch approached the sun decided to finally come out and when it did, it came out with force! Burritos and tacos were a huge hit amongst the Greek troops and evening activity was announced and received with great enthusiasm; tonight would be skits! While many of the older cabins prepared for their upcoming departures, the rest of the camp participated in a diverse selection of afternoon activities. After another great meal prepared by our favorite kitchen staff, all the cabins performed skits depicting various Greek Myths in a variety of dramatic styles. Sophocles would have been proud! We had

another unique conclusion to a day at Wavus.

June 30
Jamie Williamson

Yesterday we started the day with egg sandwiches and pajamas. It was necessary for most people to change out of their flannel pajamas to continue participating in the hot activities that were planned. For lunch, we enjoyed pasta salad and chicken fingers. Yummy! No thunderstorms impaired the afternoon activities, which for some included packing for their trips. Though some were delayed and had to invent some other fun stuff to participate in, everyone had a great time! Dinner was sandwiches and pasta salad again. The best part of the day came with the evening activity, in which everyone performed skits to the Rays of the Totem. They certainly brought back the Wavus spirit last night!



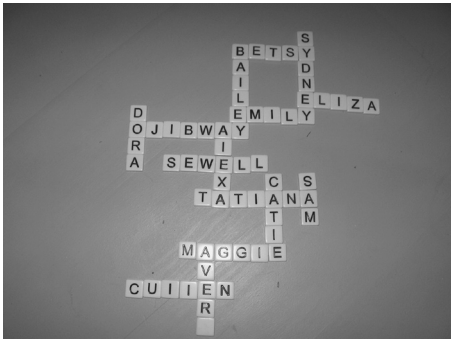
July 2
Shell Noiles

Good Morning. Superheroes to the Rescue!! It was an exciting day at Wavus. Yesterday was Superhero day! The girls arrived to morning flag in capes and smiles. Our breakfast included yummy bagels, granola, and yogurt. Our evening activity included writing to our heroes, the American soldiers. Our goal was to write 100 thank you letters, but we surpassed that goal and wrote 200 thank you letters! It was awesome!

July 3
Diana Sternberg

The theme of the day was "Pageant Day" and all girls were encouraged to wear as much glitter as possible, a tiara and a sash; if they brought one to camp. The evening activity was a "Miss Wavus" pageant in which each cabin chose one counselor to represent them in the competition. The campers of each cabin were to determine a persona for their counselor and dress them, with no input from the counselor. Our contestants were Steph Saporito Miss Abenaki, Ellie Shepley from Narragansett as Miss Rose, Alyssa Rose from Mohawk as Miss Gorgeous, Anna von Krusenstierna from Algonquin as Miss Flower and Isa Berglund from Shawnee as Miss Perfect. The campers introduced their counselors and described their outfits. The counselors then did a 'walk-off.' As there were an uneven number of counselors, Ellie faced Margaux Forcione from Algonquin in her walk-off. While Ellie was a great contestant, Margaux completed a cartwheel or two during her walk! The contestants then went through a question and answer period in which campers selected two questions from a hat for each contestant. One of the questions asked the contestants favorite song and gave bonus points for singing. Steph, joined by the Abenaki cabin, sang "Our Song" for the audience. The competition was judged by a noise barometer, and although it was difficult to determine which cabin screeched the loudest, it was finally decided that there was a 'Wavus tie' between Anna and Isa, who then did another walk/dance off for the crowd.

July 3 was also Junior Wavus's first day at camp, so after our evening activity, each Junior Wavus cabin performed a skit which to introduce themselves. The full session campers loved seeing the younger girls perform their skits.


BETSY
AIDEN
AILSYDNEY
ELIZA
EMILY
DORA
OJIBWAY
RIA
SEWELL
XCS
TATIANA
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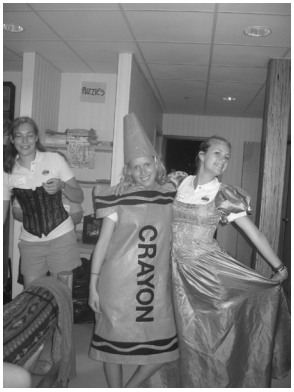











CRAYON





July 4
Kacey Caudle and
the Ladies of Cayuga

Yesterday was a great 4th of July at Wavus. The girls came to flag decked out in red, white and blue in accordance to the theme. In addition to the usual morning songs, we sang the National Anthem and said the Pledge of Allegiance. At breakfast, we enjoyed French toast and sausage along with yogurt, cereal and fresh fruit. The beautiful weather permitted wonderful morning and afternoon activities as well as provided a great opportunity for lunch under the Sunscape! A few cabins returned from their overnight trips today and we have been in rotation on the Snowgoose this week. Perhaps, the best part of the day began after dinner when we were treated with red, white and blue cheesecake parfaits! After dinner our evening festivities began with groups rotating between sparklers, s'mores and candle lighting on the dock! This great 4th of July ended with a council fire in honor of the new Junior Wavus campers and lowering of the flag. Yesterday was a very special and fun filled day at Wavus!

July 5
Alyssa Rose

We woke up July 5th to a gorgeous, sunny sky which continued throughout the remainder of the day. The campers, dressed as "boys at camp" for the theme of the day, all arriving to flag with curious facial hair and baseball caps. After a nutritious breakfast the campers boarded busses and traveled to the annual Strawberry Shortcake Shuffle (a Wavus Camp tradition) in the town of Damariscotta. All of the girls ran in the fun run and many of them even won prizes as well as ribbons! After our return to camp, we all enjoyed a swim in the lake before eating a great lunch. Our meal consisted of chicken fingers, and an array of sandwiches that we all eagerly gobbled up. After lunch, packages and letters were delivered at rest hour and the campers got ready for their afternoon activities while writing letters to their loved ones at home. Everyone cooled off again in the hot afternoon sun with general swim before their first and second afternoon activity. Dinner consisted of mashed potatoes, boneless pork, biscuits, salad and vegetables. The campers then got ready for their evening activities - a boys and girls camp favorite, soccer and whiffle ball. Each game went smoothly and the campers had lots of fun demonstrating their athletic talents! After flag everyone returned to their cabins to hang up their baseball caps for the day and to get a good night's sleep.

July 6
Melissa Haynes

What a wonderful Sunday the Wavus girls enjoyed yesterday. They awoke to delicious homemade doughnut breakfast, a big hit for all. Yesterday was a special day because it was the first annual Wavus-athon! The cabins competed against one another in a variety of challenging activities to test their skills and teamwork. Some of the most popular tasks of the Wavus-athon were the waterfront relay, the slip and slide, and the upside down canoe obstacle course. After a busy afternoon full of cheering and competition the theme of the evening was revealed…Country Club Wavus. The Jewell mess hall was transformed into a five star dining room, complete with table cloths and waiters. Each girl came dressed in her peppiest attire

which filled the dining room with a sea of popped collars and pink and green ribbons. After being served a sophisticated spaghetti dinner, the girls headed back to their cabins to change for an all camp game of capture the flag! The day came to a close with a 7:30 swim in their clothes followed by a belly flop competition. It was a very memorable day at camp Wavus with many more like it to come.

July 7
Caroline Buck

The theme of the day was Hawaiian Hula Dancers. The girls came to breakfast in the appropriate attire. They wore leis, hula skirts, bathing suits and more. After breakfast the girls counted down the minutes until the festivities started. Between the ropes course, sailing, tennis, pottery and so much more, they were completely occupied. At 12:30 lunch was ready. The girls enjoyed their barbeque chicken, corn, and salad. It was a "classic Hawaiian dish" as one of the younger campers stated. During lunch the girls signed up for their afternoon activities. One very exciting activities offered yesterday was the "Island Swim." Only eight girls could sign up for it. All eight of the girls said they had a blast. It's lucky that the distance counts in Swim USA! After activities and dinner the evening activity was gearing up in full force. The girls had a blast enjoying the Wavus Luau. Between all the counselors and campers there were three stations: Hula dancing, limbo, and hula hoop. The campers were all smiles when it came time to show off their dance moves. The day ended with popsicles. The flag was lowered and the girls made their way back to their cabins, full of Hawaiian magic!

July 8
Kristy Bradley

At Wavus, we had "Wild Wild West Wavus"! Everyone dressed up like cowgirls or farmers for the Western festivities that were planned. We started out the morning with delicious cinnamon buns and orange juice. No one was looking forward to doing activities in the hot and humid weather, but everyone drank plenty of water to get through it. A lot of cabins decided to eat their meatball and veggie subs inside for lunch rather than sit out in the sun. In the afternoon, the JW girls visited ropes and the older girls got to choose where to go. For dinner, we enjoyed a spectacular display of ham and pineapple, spaghetti and meatballs, and macaroni and cheese. The evening activity was a huge success. The girls split into groups, and went on a scavenger hunt to find counselors (dressed up as farm animals) that had "escaped" from the farm. We finished off the night with a camp-wide line dance to "Cotton-Eye Joe".

July 9
Kate Hoblitzell

Today the girls of Wavus woke up to very hot weather conditions and put on their most stylish clothing for "Fashionista" day. At flag, we saw outrageous ensembles ranging from gold spandex to party dresses and many pairs of oversized sunglasses. After the Kindness girls helped raise the flag and teach the camp a new song, we ate a hearty breakfast of bacon and eggs. Then everyone loaded up with sunscreen, grabbed their water bottles, and headed out to enjoy the morning activities.

After yummy wraps for lunch, we all enjoyed a much-needed jump in



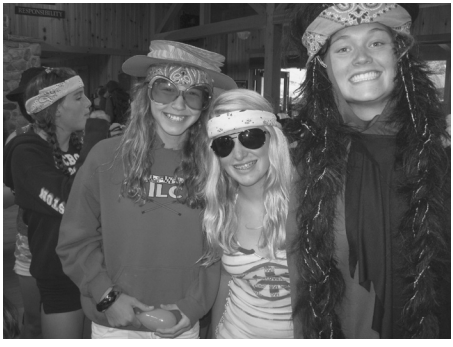














the lake and continued with afternoon activities, such as art, archery, wood shop, cooking, and many Junior Wavus campers tried the Aqua Zip for the first time!

Dinner was a small, intimate group because so many cabins were out on trips. We who were there happily filled up on Thanksgiving style dinner. The evening activity was a "Trashion Show". I gave each cabin a role of tape, scissors, and three trash bags to create two outfits. They were given one hour to go back their cabins and assemble their designs. When I rang the bell, we all met as a camp again. Two campers from each cabin modeled their "clothing" in a runway style show while their friends cheered them on. The temperature finally began to cool off as we lowered the flag and we all said "Goodnight"!



July 10
Lizzy Bates

On Thursday, Wavus was transformed into Nerd Land, a theme the campers unanimously decided upon. Shorts and pants were hiked up to their belly buttons and beyond, while masking tape was wrapped around glasses and bandannas were creatively used as bow ties. At flag, the Mohawk and Algonquin girls performed their cheerleader skit, which they had practiced all day at the beach the day before. On to breakfast we kept our serious nerd theme intact even with the breakfast Wavus. Lunch was comprised of fish sticks, smiley face fries, macaroni salad, and Jell-O for dessert. The girls had fun singing a lot of Miley Cyrus and the Jonas Brothers songs. For dinner, we had a cookout with hamburgers and hot dogs, and sherbet for dessert. The Evening Activity was Jeopardy! There were only a few cabins that participated, but everyone had fun! The topics included "50 Nifty United States Capitals", "Charades", "Buzz Buzz Spelling Bee", "I Scream, You Scream, We All Scream For Ice Cream!", "How Well Do You Know Your Counselors?", "Wavus History Trivia", "Are You Awake At Flag? Camp Songs Trivia" and "Board Game Trivia". Some questions included: "What is the capital of New Mexico?", "Act out 'The Lion King'", "How do you spell, 'mosquito'?", "What ice cream from Ben and Jerry's has marshmallow and caramel swirls, with little pieces of fudge swimming in chocolate ice cream?", "Which one of your counselors has killed an alligator?", "What is the name of the Island that we swim to during Island Swim?", "How many kids did the cider straw girl have?", and "What game guarantees to tie you up in knots?" The game was a big success. The kids got into it and showed their knowledge about ice cream, board games, camp history, etc. Spelling and capitals were surprising favorites. Their teachers will be pleased when school starts in the fall. When the flag was taken down, the campers returned to their usual, cool cat selves!

July 12
Jen Norton

Today was 80's day, but also the JW campers' last day of camp. Traditionally staff wears their Wavus shirts on closing day for families to easily identify us, so we postponed the 80's dress up for dinnertime. Our day started off with a new addition to the list of camp songs with Team Shawnee's Tarzan Song. Everyone then headed to breakfast and then back to the cabins for a serious

clean up before the parents arrived. At 10:30 we all attended Chapel in the Pines for the JW send off. All campers joined in with a rendition of Linger, a personal favorite of the G.O.D. A slide show was offered in the Jewell at 11:15, and lunch was served promptly at 12 for the campers and their parents. After lunch, the JW campers left with their parents either for home or for a visit to Kieve. The regular campers enjoyed their rest hour and then it was off to General Swim. After General Swim, the campers went to their normal afternoon activities. The campers really got into the theme for dinner, and there were some fabulous 80's outfits. Dinner was a delicious Chinese food spread, and then the campers were allowed to go back to their cabins to prepare for the Evening Activity of karaoke. There were a few kinks in the karaoke system, but the campers were patient and the Evening Activity went off without too much of a hitch. They really enjoyed getting up on "stage" and performing to their favorite hits. The activity ended with a huge dance party that the campers wanted to continue longer than was possible. As usual, the day ended with the lowering of the flags. All in all, 80's day was a success.

July 13
Alina Swiadas

To the campers at Wavus, Sunday mornings are marked by one thing: wild donuts! The day began with a roll-in breakfast with an array of choices including wild donuts. Shortly after breakfast, Suse led the Sunday chapel service at the Chapel of the Pines where each cabin shared a song, poem, or inspirational quote. Since many of the campers had recently returned from their wilderness trips, many of the girls shared memorable events from their respective trips.

In general, Sundays are slower paced than the other days. Therefore, there were no scheduled morning activities. After lunch and rest hour, the campers partook in the first annual Wavus Field Day. Events included tug-of-war, a pie-eating contest, a sponge toss, a water balloon toss, blind man's graveyard, dizzy bat, and a donut eating contest. Our first field day was a success and everyone had a great time. After general swim and dinner, the campers headed down to Andrews Hall for the evening activity. The girls were introduced to a new game where they were able to show off their silly talents and quirks. The night came to a close as the evening activity ended and the girls in Omaha cabin lowered the flag.

July 14
Kacey Caudle

As we are coming into the final days of the first session here at Wavus, everyone is both sad and excited. This Monday morning our activities proceeded as usual, beginning with flag at 7:45 a.m. At breakfast, we enjoyed a variety of cereal, oatmeal, fresh fruit and bagels. We were excited to be joined by our many friends that were returning from longer wilderness trips. The weather was beautiful as we ate lunch under the Sun Scape. The highlight of the day was the evening activity: IRON CHEF! Our "secret ingredient" was pineapple, and the girls incorporated this ingredient into very creative and delicious presentations!

July 15
Samantha Clews
Invasion day

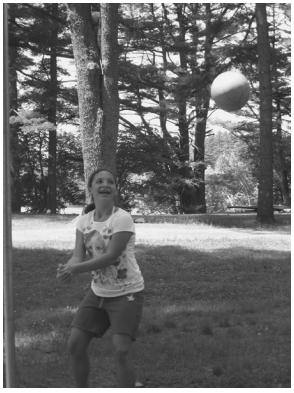
I, Sam Clews, was Goddess-For-



















the-Day and my cabin, Ojibway, was not the only cabin that arrived at flag dressed as boys: Big shoes, hair pulled back, baseball caps and underwear peeping from beneath their low riding shorts. After two morning activities, we invaded Kieve by road and river. We were spies for the day determined to be unseen. Fake boys arrived by boat, jumping into their kayaks and swimming their lengths. Fake boys also arrived by van to play basketball on the Kieve court. My cabin and I 'busted' at woodshop. When the Kieve councilors realized what was going on they began hammering down the door and climbing in the windows. Other Wavus boys were also recognized and we meet for shared performances and lunch. We arrived back at Wavus to join in with general swim and one last activity before dinner.

The activity after dinner was a challenge between cabins. They performed a mime of a sport that the other cabins needed to guess. The sports ranged from ping-pong to synchronized swimming and bobsledding. The skit/dance/mimes performed were hilarious and some were more difficult to guess! The invasion day was a big success and lots of fun and we all went to bed exhausted.

July 16
Isa Berglund, Anna von Krusenstiema, Emma Alvedahl

Since all of us, Isa Berglund, Anna von Krusenstiema, and Emma Alvedahl are from Sweden, it came naturally to us what the theme for our G.O.D. day should be-Swedish Day! The dress-ups that we suggested were some simple and typically Swedish costumes, like an H&M model, an IKEA product, a Swedish music group (ABBA), or a nice simple yellow and blue costume (the colors of Sweden!). We played some Swedish games and sang some traditional Swedish songs during flag in the morning. The day went on smoothly with all of the activities. Evening came, and then it was time for the evening activity. Tookie came up with the idea of having a kind of "Capture the Flag" game, but an extra fun one with players armed with squirt guns and water balloons filled with colored water. During the afternoon, we prepared and planned the Great Fight. By dinnertime, we announced the activity to the campers, dividing them into teams, giving them their team flag for decorating and rising of TEAM SPIRIT! When dinner was over, we explained the rules and gave everyone a white T-Shirt, since the colored water would be hard to wash out of the clothes. It took some time to explain our rules, so we did not start the game until 7:20 p.m. The game started and the girls were full of excitement to the maximum! The teams included the snipers, who used the squirt guns; the secret agents, with no ammunition, but who were the only ones who could steal the flag of the other team; and the defenders, who were armed with hand grenades in the very dangerous shape of water balloons. We played until around 8:15 p.m. and by that time, the Red Team was the only ones who had managed to steal a flag. Therefore, they were the winners. We lowered the flag, after having a fantastic day and an even more exciting night.

July 17
Mya Steadman

Today we woke up to a beautiful sunny morning all dressed in our finest for Valley Girl Day. The girls

were covered in polo t-shirts, fun skirts, nail polish and jewelry. The Iroquois cabin made their entrance at flag after their wilderness trip through the 100-mile wilderness by cheering and running around the circle at flag in their trip cloths. Allagash Buff and Green serenaded us with their rendition of "Oh My Gosh You Guys!" from Legally Blonde the musical, followed by the "ice cream and cake" song sung by Iroquois. We then enjoyed a delicious breakfast of pancakes, sausage and fresh fruit prepared by the fantastic kitchen staff. Our morning duties included cleaning up the carnage (aka picking up water balloon scraps) from the intense game of Color Wars the night before. The girls happily filled their water bottles and scurried off to their various morning activities on such a hot, but fabulous day. For lunch we enjoyed chicken burgers, veggie burgers, and a salad bar. After we filled our bellies we retired to a much needed rest hour. The afternoon activities were filled with excitement as the camp looked forward to our Jewellio's feast that night! Once again, everyone dressed in their best for a wonderful banquet of Spaghetti and meatballs, Caesar salads, and ice cream sundaes for dessert. The excitement only mounted as we took to the busses and headed over to Kieve for the end of session Fireworks! All the campers from both Kieve and Wavus cheered and watched the spectacular light show with wide eyes, and huge grins. Finally, we all boarded the busses and returned back home thankfully, to retire after a long, hot and oh so fun day.







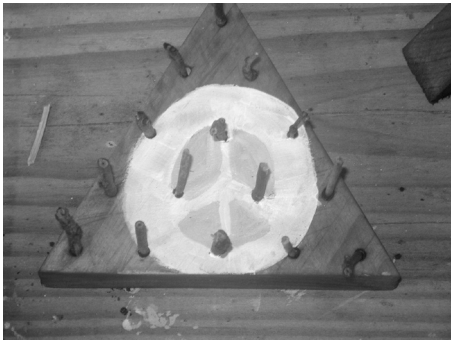


























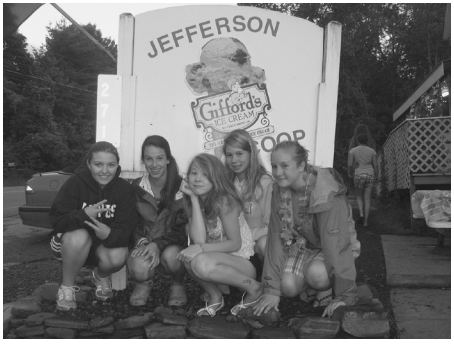











JEFFERSON
Giffords





These Days

These golden days
have come and gone,
whiled away
in song and laughter.
like a rainbow
All must fade-
leaving naught but
memories to mark
these days.















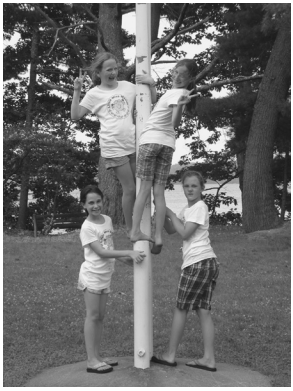















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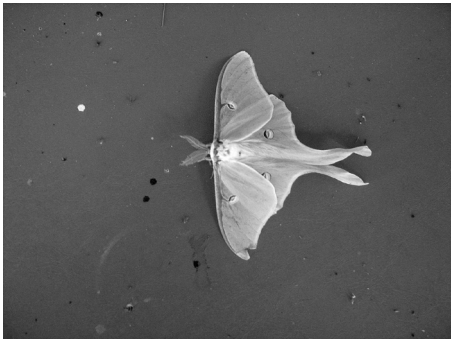

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ALL CABINS:
Remember:
GREAT





















Parent Day's – Chapel Poem

We live by the sun
We feel by the moon
We move by the stars

We live in all things
All things live in us

We eat from the earth
We drink from the rain
We breathe of the air

We live in all things
All things live in us

We call to each other
We listen to each other
Our hearts deepen with love and
compassion

We live in all things
all things live us









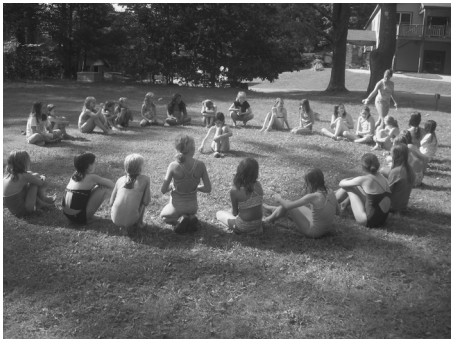


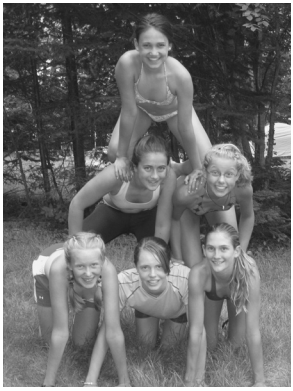














Everybody, Somebody, Anybody, Nobody

This is a little story about four people named Everybody, Somebody, Anybody, and Nobody.

There was an important job to be done and Everybody was sure that Somebody would do it.
Anybody could have done it, but Nobody did it.
Somebody got angry about that because it was Everybody's job.
Everybody thought that Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

Second Session G.O.D. Reports

July 23
Leah Agren

Happy Halloween! Can Halloween happen in July? OHHHH YEEEEEAH! Costumes stayed on and some even changed and got better as the day went on. As the day flew by I realized that I was without an evening activity. I wasn't about to let 150 something campers go trick or treating. I foresaw the dangers that would come from that much candy consumption so it was time to get creative. A Halloween party was our only option. The Wavus staff stepped up to bat (no pun intended). There were awesome cider slushies, traditional apple bobbing, homemade doughnut eating competitions, witch hunts, trick or treating (with candy …. our international crowd do not celebrate Halloween in their countries…what a shame!), and the scariest spookiest thing of all... The "Van of Terror" served as a perfect make shift haunted house. Counselors were wrapped up and mummified. It was a glorious Halloween in July!! Campers and staff chanted "Best day ever!" at flag. Our hearts smiled again as another day of bliss passed by here at the Wav.

July 24
Elise Lindsey

The weather was a bit drizzly but that didn't stop us from getting all glamorous. At flag Oheema taught us "Che Che Cool" eh a song and dance of staccato rhythm, from her native Ghana. After flag we danced in tribal movement onto breakfast to delicious breakfast bacon, eggs, and the works. Morning activities were a blast but the afternoon activities were disrupted by a bit of unwelcome bad weather. We all went to the Jewell and participated in indoor activities, including a sing-a-long. Dinner was home-style potatoes, chicken, corn, and biscuits. For the evening activity we had a Trashion show. The cabins designed dresses out of trash bags and masking tape. The catwalk line of 2008 was fantastic.

July 25
Mary Anna Lynch

Cowgirl day came with a bang! For breakfast, we had delicious French toast and an assortment of fruits, yogurts, and oatmeal. Under the sunny skies on the Wavus prairie, the girls participated in their usual variety of camp activities. Lunch consisted of grilled cheese sandwiches and tomato soup. Rest period and G swim flew by and the campers finished their afternoon with free sign-ups. For dinner, the cowgirls saddled up and enjoyed a hodge-podge of their favorite foods like chicken, fish sticks, mashed potatoes, and our "Veggie of the day" ... PEAS! For evening activity the girls enjoyed an intense game of wits...Digital scavenger hunt. The girls could gain points from taking pictures with certain people, places, or things in them. Before we knew it, flag was being lowered and the cowgirls said goodnight.

July 26
Erin Malafronte
Turn That Frown, Upside Down!

Today was spectacular! The sun came out, and our second session campers saw their first full day of sunshine and warmth. The girls reacted with enthusiasm and delight at flag this morning when they first heard

the theme of the day. The rest of the day was full of smiles and kind words from both campers and counselors. With a little help from the kitchen staff, a dinner of fun pizza and ice cream pumped the campers with energy in anticipation for the evening activity. The slip and slide met their expectations and the rest of the night was full of laughter and joy as campers soaked themselves with soap and water and darted head first down the slide. Counselors and even directors (yes, even Suse had a go!) entertained the kids with their flashy moves and enthusiastic cheering. The day was overall, a fun time for everyone, and everyone went to bed with a smile on her face!

July 27
Belin McGehee



Today the Wavus campers woke up late to a beautiful, sunny day, appreciating our roll-in Sunday breakfast with freshly made wild donuts. After filling our stomachs campers went back to their cabins, cleaned, and then headed to chapel. Following an inspirational reflective Chapel, campers headed to G-swim to enjoy the great waters of Damariscotta Lake. Since it was Sunday, program is a change from the usual, and we all looked forward to the special activity planned. Campers rotated through activities such as "drip, drip, splash" and Alaskan baseball. Campers then went to G-swim to cool off. Everyone was super excited for the evening activity of air guitar. All the cabins prepared a dance and performed it in front of the camp. After an eventful night campers went back to their cabins and got ready for bed.

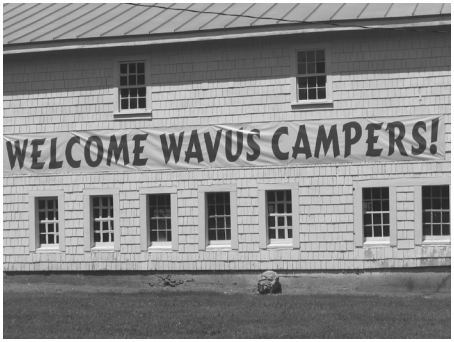
July 28
Grace Shorr

We woke up and headed to flag at the normal time, where I announced that the theme of the day would be "Pop Star Day". Sewell, Francis, and I taught the camp a new song that we had sung as campers called Dominica. We had a breakfast filled with cereal and bagels, which we followed with a challenge of Wet Musical Chairs. The music was provided by Sewell and Erin who sang their favorite pop tunes. After that, the day proceeded as usual through lunch and the afternoon. At dinner, the girls were instructed to come prepared for Council Fire, and then were allowed to eat picnic style on the lawn to work on their songs for the Evening Activity. Following dinner, we headed into the Jewell for the song contest. All the cabins performed and 3 finalists were chosen and the eventual winner was Allagash. We then headed for Flag, which was followed directly by council fire. Allagash presented their song, and feathers were passed out, and then we all headed for bed.

July 29
Isabella and Alexa Comstock

Today was twin/alter-ego day in which campers and counselors were asked to dress up as such. For example, Issie and Alexa were the Happy and Sad Drama faces usually associated with theater. The sun shined for us, which helped keep spirits high, throughout the day and into the evening, up to the evening activity. For today's evening activity we played a game called the M&M game! We divided all campers into ten teams, mixing up individual cabin groups as well. Each team was given a bowl of M&M's, a knife, a dice, and a pile of costume clothing


CAUTION
Future World
and Local Leaders
at Work and
Play


WELCOME WAVUS CAMPERS!













containing a dress, coat, hat, and other random articles. The campers sat in a circle around the bowl, costumes, and knife. They each took turns rolling the dice, moving quickly. When a camper rolled a 6 they had to put on all the costumes and then begin eating the M&M's off of a plastic knife: exhibiting good table manners by bringing the food to their mouth, and not the other way around. Once another 6 was rolled, that person would take the costume from the previous person and begin eating. This was a fast paced, chaotic game and fun for everyone! This ended another productive day at Wavus!

July 30
Carly Grimm

We woke up to a beautiful day here at Wavus, and went to flag dressed as Hippies! We sung Mohawk's song from the 'pop star' competition, which was a great flag song about a typical day at Wavus. Breakfast was served; we had some delicious apple-cinnamon crepes! Camp seemed a little quiet today with our older cabins out on trip. It was a great day for Island Swims to Echo Island during Wavus Waves this morning. After lunch and rest hour, everyone participated in afternoon activities. Sailing, cooking, and woodshop were popular choices this afternoon. After dinner, we all met at the Council Fire and enjoyed s'mores! After the girls worked hard on making the "perfect s'more" for their Wavus 'W', we went to flag and tucked in.

July 31
Shell Noiles

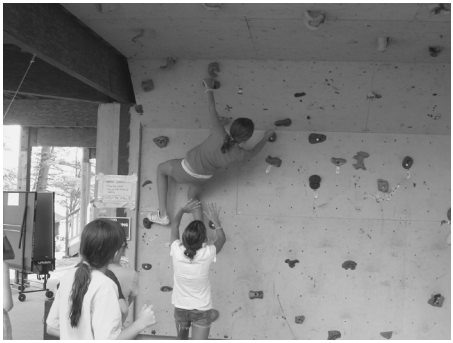
Yesterday all the girls got a chance to have some cabin pride! Yesterday morning everybody got a visit from the 'water fairy' ensuring they all had their Nalgenes (water bottles) filled with water and stayed hydrated! After a lunch of sandwiches and soup campers went back to their cabins, rested and readied for afternoon activities. A delicious dinner was served consisting of burgers, veggie burgers, hot dogs, fries, soup and salads. Following dinner campers returned to their cabins to organize themselves for evening activity. Each cabin had to come up with a Wavus motto, cheer, and skit, along with designing a flag. The skits were amazing and their flags were awesome! It was a great way to bond and reinforce community within the cabins and as a whole! Good news, everyone stayed hydrated and hopefully all learned to be proactive in understanding the importance of staying hydrated, drinking regularly and not just when you're thirsty! Keep up the good work of taking care of your bodies! Sincerely, Water Fairy

August 1
Kate Hoblitzell

Today the camp awoke to a rainy day, but that did not hold us back because today was Country-Western day and the first full day with the Junior Wavus girls in camp! After a delicious breakfast of cereal and muffins we headed out to clean up the campus in the rain. Once we were done cleaning our cabins, we headed out to morning activities. The girls enjoyed sailing, archery, pottery and cooking, even with the less then perfect weather. For lunch we enjoyed grilled cheese sandwiches, BLT wraps, and home-made chicken noodle soup. Afterwards the girls all headed back to their cabins for a much needed rest hour. The afternoon activities were drama, wood

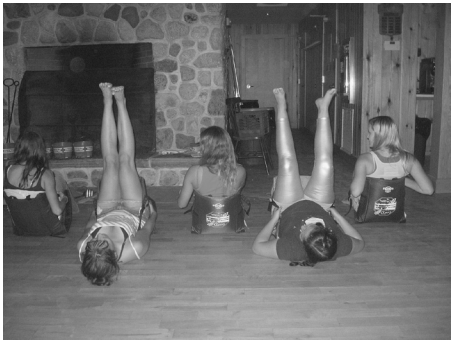


















shop, ropes course, and many others and everyone's spirits picked up as the weather seemed to be lifting. By dinner time there was blue sky and we enjoyed pizza and nachos outside under the Sunscape. For the evening activity the girls played "Barnyard Animal Hunt". We told the girls that we had organized for a petting zoo for them that night, but that all of the animals had escaped! So the girls had to go around and find as many of the barnyard animals (or counselors in funny costumes) as they could before the game ended.

The girls were super tired from the scavenger hunt and after flag climbed happily into bed for a good night's sleep!

August 2
Jaime Williamson & Emily Lesinski

This morning the girls showed up to flag with their best secret agent outfits on. Breakfast consisted of waffles and sausage, only the best for our secret agents. The campus was scoured with the girls as they did their normal morning activity programming; including but not limited to archery and riflery (secret agents' favorite sports). Lunch consisted of American chop suey, salad and garlic bread. After lunch the girls all settled down for a much needed rest hour. Due to the unfortunate afternoon weather, the girls had to forgo general swim, and instead participated in activities such as finger knitting, bracelet making, sports, and dance.

Tragedy struck at dinner when one of our favorite and most beloved directors, Tookie, was abducted. Fortunately, with all the secret agents at camp today, the mystery of Tookie's abduction was solved in time for bed and we all slept with ease and sweet Wavus dreams.

August 3
Tracy Reick

Monday morning started off as any normal day at Wavus would. Except for the fact that it was PAJAMA DAY!!! All the girls gathered around the flag pole decked out in their favorite pajamas. It looked like a big slumber party. The sun was shining and the girls were happy they didn't have to worry about getting dressed for the day! The weather had seemed to be in our favor with warm temperatures and sunny skies. The girls took part in all the normal morning activities ranging from ropes to tennis to kayaking and lots of others as well. Lunch was amazing (as always). Unfortunately shortly in to the afternoon the weather took a little bit of a negative turn on us. We got hit with some rain but managed to salvage some of the rest of the day.

After a scrumptious dinner, the girls headed back to their cabins to brush their teeth and get ready for bed. Only they didn't go to bed quite yet! The new tradition of Monday night council fires took place. Due to the weather, we held council fire inside Andrews Hall. Many girls from the cabins were recognized for representing rays of the totem. It was a good time by all. After council fire, we all headed up to the Jewell for our EA (evening activity). What better way to end Pajama Day than with a pajama dance party! The girls jumped around dancing and singing along to all of their favorite songs. It was a great way to end the night. Pajama day was officially a success!!!

August 5
Alina Swiadas

Today, campers donned their most outrageous hats for Crazy Hat Day! The day began after the girls of Kindness

cabin raised the flags and lead the group in song. After breakfast the camp went to their morning activities as usual. We welcomed back the Shawnee girls at lunch after their Baxter State Park trip. The rest of the day went on as usual, as the girls continued on with their afternoon activities. After dinner, the camp helped to create the first ever I-Spy book, Wavus edition! The evening activity challenged each cabin to create a scene in which they included a list of items given to them. Campers used their creativity to set up a scene in which all of their items were cleverly hidden. A picture was taken of each cabin's scene which will soon be compiled with all of the other pictures in the first Wavus I-Spy book. We were all impressed at the creativity the girls used to create their scenes. The day came to a close as the Kindness cabin lowered the flag and said goodnight to the other cabins.

August 6
Malory Ferguson

Good morning! Everyone arrived at flag dressed as them. "Be Who You Are" Day started off great. After learning a new song at flag, taught by Algonquin, we headed to breakfast. The weather held off for us to do our morning and afternoon activities. Following dinner, we all reassembled in the Jewell for evening activity. We talked about the trips that the older girls were on and were ready to proudly welcome them back. Everyone was given a sheet, paint, markers, and other crafty things to make a "welcome back" message/sign. We all really enjoyed creating something that we felt would make the returning cabins feel good knowing they were missed and that we were all glad for their safe return. Even though it is only 28 days, Wavus is our home!



August 7
Lucy Lynch

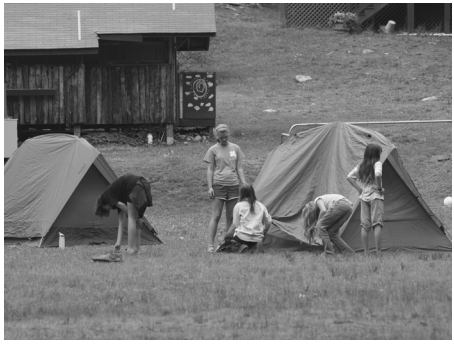
With a fairy tale theme for the day, the Wavus girls raised the flag and started our day with the "Princess Pat" song. We ate a delicious breakfast of pancakes, bacon, fruit, and lots of other goodies. Morning activities had the girls doing woodworking, pottery, and art. There were tons of fun activities in the Jewell to choose from because of bad weather. The girls were coloring, cross-stitching, knitting, making friendship bracelets, and drinking hot chocolate by the fire. We ate a Mexican lunch of tacos and quesadillas before heading off to rest hour. In the afternoon, there were many activities inside due to the rain including water bottle decorating. We had lasagna, salad, and cupcakes for supper. Then we started our evening activity. Each cabin was given a fairy tale, a bag of costumes and random items that they had to use to create a skit. The six cabins that were at camp gathered back at the Jewell to perform the skits. Abenaki did a hilarious rendition of Little Red Riding Hood and Shawnee performed Hansel and Gretel "Hip Hop Style" and the other cabins performed wonderful renditions as well! We lowered the flag after a great fairy tale themed day and headed to the cabins for some sleep.

August 8
Laura Stewart

Olympics Day! To celebrate the opening day of the Olympics we chose it as our theme for the day. Unfortunately the weather didn't want to co-operate and decided it would

















rain ALL day! It was dry enough for us to raise flag and learn some new songs before heading to breakfast! After breakfast Suse and Carolyn had an important announcement for the camp. The announcement ended with blueberry pie and ice cream for all campers - YUM!

Everyone went off to clean cabins and do their activities not letting the weather get in the way of having fun. For lunch we had grilled cheese, wraps, sandwiches and soup before our afternoon sign ups and spa time! Dinner was chicken, potatoes and tofu surprise which was followed by our evening activity of 'How Well Do You Know Your Counselors' and Guess Whose Nose belongs to what staff…. while the JWs watched their slide show and had their council fire.



August 9
Giles the Gnome

This morning the girls woke up to a beautiful SUNNY day! Junior Wavus campers prepared to depart after a fabulous breakfast and the full session campers prepared themselves for a long over due day of outdoor activities. The campus was swarming with parents and relatives of the JW girls and lunch was relaxed with all our special guests. After rest period Wavus returned back to its usual ebb and flow and the full session campers enjoyed the first sunny general swim in several days! General swim was followed by sign up periods and we welcomed home both Osage and Ojibway cabins from their trips! After pizza, salad, and sandwiches the campers put on their thinking caps for a scavenger hunt with intricate clues and riddles which kept them busy and left them exhausted. Finding me and my long time Wavus cousin Delphinium was no easy feat for the participants. As you know Gnomes do not like to be found unless we approve of being found first. Because we love Wavus and all those who inhabit Wavus, we make exceptions for Gnome scavenger evening activity. Although I must confess there are many Gnomes and Fairies that have been home to Wavus for a very long time and many of you have passed by them a gazillion times and have not the eyes to see them….yet! Please return next summer as my Gnome family and Fairy neighbors would truly like to meet you, and Delphinium and I will help you find these dear friends.



August 10
Amanda Leonard

As camp was winding down, we arrived at our last Sunday here at Wavus. Not only was it the last Sunday, but it was also the last wild doughnuts day! We enjoyed our sugar doughnuts then returned to our cabin for rest, cleaning, and to get ready for Chapel. All the cabins recited beautiful poems or songs, we even had an individual camper, Lily, sing us a song on her very own. After chapel each cabin was assigned a duty to do around camp in order to keep Wavus clean! We then enjoyed a lunch of various pizzas and salad, and then we enjoyed an afternoon rest in order to be prepared for the Wavus carnival! The carnival was a fun activity full of candy, popcorn, and candy apples. The counselors hosted activities like limbo, musical chairs, fortune telling, and pie throwing. The girls then enjoyed an afternoon swim and then went to dinner. The evening activity was Iron Chef. Each cabin or cabins were set into teams with various

ingredients they could use, but were required to use the bananas. The meals were amazing! They were judged on the creativity, appearance, and taste! The winners of this session were team Algonquin and Mohawk! Another wonderful day at Wavus had come to an end, after flag and cleaning up.

August 11
Laura Karabell

Monday, August 11th was Mis-Match Day. The girls came to flag in their most ridiculous, mis-matched garb: different socks, stripes and plaid, different, etc. Although it was a cloudy day, we were all excited to have a rain-free day. We ate a delicious breakfast of French toast, bacon, and the regular Wavus breakfast staples: fruit, cereal, yogurt, and granola. The girls then cleaned their cabins and went onto their first activity periods. The kitchen staff made delicious grilled cheese sandwiches and tomato soup for lunch. Rest hour, general swim and sign-ups followed. For dinner, we made our own sandwiches and then the girls went back to their cabins to prepare for the evening activity: "The Wavus Talent Show!" The acts were quite varied, ranging from dances to songs to skits to setting up a tent in 2 minutes! After the talent show, Carolyne and Suse led us down to council fire. Three Wavus alumni came and joined us and Suse presented Carolyne with a blanket to thank her for her loyalty to Wavus. Counselors then presented select campers feathers that symbolized different rays of the totem, recognizing them for their bravery, kindness, or spirit. We closed with Allagash's "Do you believe in Wavus?", "Peace like a River", and "You and Me"-two wonderful songs that Marae taught us. After council fire, the girls went back to their cabins to sleep-it had been a long day!

August 12
Mya Steadman

Native American Day. In honor of Wavus roots, we celebrated our Native American ties today. The girls were each given "headdresses" with colored feathers and were encouraged to wear them. Their cabins were now their tribes, and Wavus itself became a unity of all campers, counselors, and staff.

The weather was rainy and grey, but the girls were still excited about the expected visit from our Kieve brothers. Chief-tess Suse interrupted breakfast with some troubling news; the boys were unable to paddle across the lake in the poor weather and their visit would have to be delayed until the following day. This, turned out to be a blessing in disguise, because the Allagash girls returned home during rest hour and would now be able to join in the festivities the would occur. Breakfast was eaten and the little Native American girls returned to their cabins with the rest of their tribe to clean and do their chores before heading to their first activities. The weather continued to be poor but let up some in the afternoon going from rain to sunny with a few passing rain clouds. Many activities were held in Jewell Lodge where a warm and welcoming fire burned in the hearth. We enjoyed a delicious lunch of hamburgers and chicken quesadillas before heading back to our cabins for rest hour. In the afternoon, we were able to enjoy the outdoors a bit between rain showers. Some campers even volunteered to help me fill water balloons to arm ourselves with during tomorrow's invasion. Dinner was held

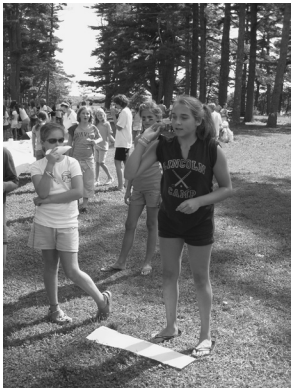


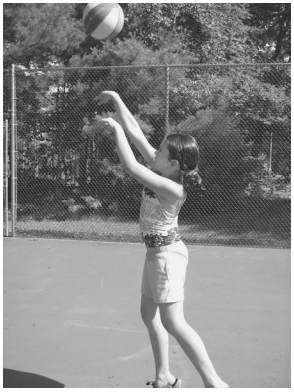
















inside due to wet picnic tables and a dripping Sun-Scape. We devoured delicious teriyaki chicken, mashed potatoes, green beans, and a salad bar prepared by our wonderful kitchen staff. For Evening Activity, the girls used their creativity and imaginations and preformed "Skits-in-a-bag". This is an activity where each cabin is given a bag with three random items in it, and they must find a way to incorporate them into a short skit using any other items from their cabin they so choose. Skit themes ranged from crocodile hunting, performed by Algonquin, to A Cinderella Story, Wavus-style, performed by Ojibway. We laughed, clapped, and cheered for all our performers. After that, we went down to flag and got excited for our long-awaited visit from our brothers, cousins, and friends at Kieve.

August 14
Ashley Wyman

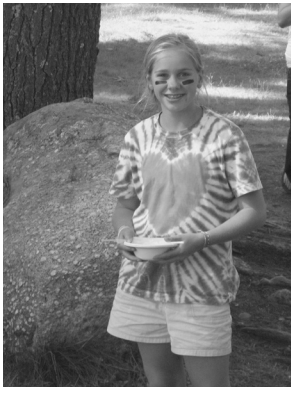
Happy Safari Day! Our day started with the flag raising on a not too shabby morning—the sun was out and even though the sky was on the grey side, the girls were still chipper. For breakfast, our wild Wavus campers had a tasty treat of cinnamon rolls. After making counselor Malory skip around the Jewell numerous times (in celebration of her birthday), the girls headed off to clean their cabins in hope of a sticker from the cleaning fairy. The girls participated in their morning activities while enjoying the brilliant sun that decided to grace us with its presence! Then came lunchtime when the girls signed up for their afternoon activities, ranging from letter writing to intense games of spoons. As the afternoon went on, the sun slid away and we were drizzled on, but that didn't stop the girls from dressing up (quite fabulously I might add) for our dinner at Jewellios! The girls enjoyed a delectable Italian dinner and dancing as they pumped themselves up for the fun they were soon to have at Kieve. After the girls changed into their long sleeves, we loaded up the buses and headed out to see friends and family at Kieve, where they put on an awesome fireworks show. The girls had a blast, and when the fireworks were over, we all piled back into the buses and headed back to the Wav for a good night's sleep after a ton of fun!

August 15
Emily's Maclary

On the last day of camp, all of Wavus participated in Color Wars! The girls were divided into three teams: the French (Blue), the Pioneers (Red), and the Native Americans (Green). The players included snipers, secret agents, and defenders. Each type of player had a specific job with the primary objective being to capture the other teams' flags. The first team to capture all of the flags wins! Once the game was over, the camp had their last general swim, then cleaned the cabins, and prepared to go home. The evening activity was council fire, as is tradition at Wavus. Everyone shared their special memories and friends they made here at Wavus. Once council fire was over, we proceeded to the drumlin in the traditional closing of session with a procession by candlelight.







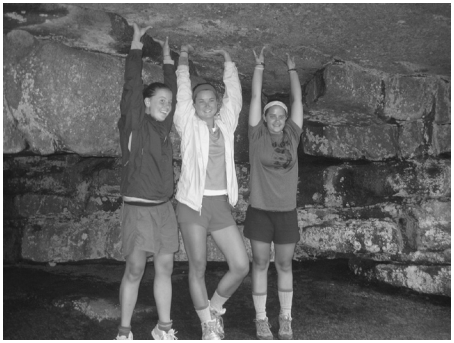
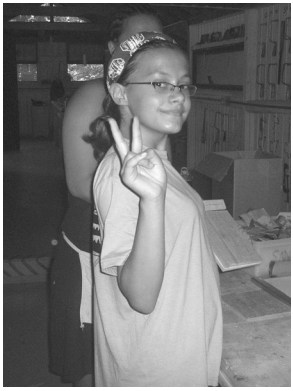


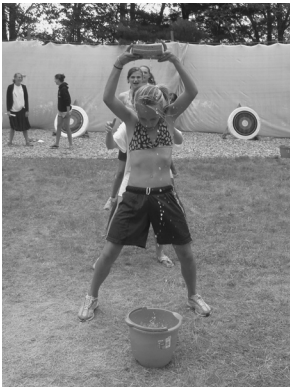

























Slip-n-
Slide











Trip Logs - Session 1

Junior Wavus Respect Cabin

Polly Massaro, Christie Bradley, Rachel Bickford

Bremen/ Snowgoose Trip

Respect's trip to Bremen was filled with many friends, the JW cabins Respect, Responsibility and Courage embarked to Bremen together. Once at Bremen we ate lunch and waited for the other cabins to arrive. After getting settled in our tents and going swimming, the girls prepared skits and commercials. We ate a dinner of grilled hamburgers, cheeseburgers, and hot dogs. Once dinner was over and all skits preformed, we enjoyed a campfire with s'mores, hot chocolate, and campfire songs. Then everyone headed back to their tents; however the Respect girls were too hot in their tent and found a peaceful cool place to sleep right outside their tent, under the warm trees of Bremen. After a restful nights sleep we awoke ready to enjoy an exciting day on the Snowgoose! We ate a delicious breakfast of cereal and packed up our gear, only bringing what we needed for the day. We boarded the Snowgoose, greeted Captain Mike and his crew, Luna the dog too. Seasickness was quickly overcome and after catching a few lobster we anchored the boat. Once anchored the campers began to jump into the water, from the top of the boat. A few girls broke camp records for staying in the water the longest. Aboard the boat we had sandwiches for lunch. Later in the afternoon we returned to Bremen exhausted from our Atlantic water Snowgoose adventure. After saying our farewells we returned to camp ready to experience the thrills of the aqua Zip, an exciting way to end an awesome day!

Junior Wavus Kindness Cabin

Katie Hoblitzell, Laura Gribbell, Teagan Mortimer

Our trip to Bremen started out on a very sunny and warm Monday morning. We arrived at the campsite just in time for lunch where we enjoyed peanut butter and jelly sandwich's and lots of goldfish. After the girls unpacked and settled into their tents they started off on a fun packed afternoon. They sea-kayaked, swam, jumped off the dock, explored the rocks and the harbor, and played with the captain of the Snow Gooses chocolate lab, Luna. For dinner, we grilled hamburgers and cheeseburgers. After washing all of our dishes, we built a big campfire and roasted lots of s'mores. We sang songs and played cards before climbing into bed for a good sleep in the cool night air. For breakfast that morning we quickly ate our cereal and Fig Newton's before we packed up all of our stuff to get on the Snow Goose in time. At ten o'clock the Snow Goose arrived just as the sun was breaking through the fog. The Snow Goose is a lobster boat that takes campers from Kieve and Wavus out for a trip on the ocean. The girls loved everything about their time on the boat. They caught tons of fish, pulled up lobster traps, saw seals sunning on the rocks, and jumped off the roof of the boat. The overnight memory was made even more perfect by a stop for ice cream on the drive home. I truly think this trip was one of the highlights of the girls' time at Camp Wavus.

Junior Wavus Courage Cabin

Caroline Buck, Maria Novick,
Jillian Martins



Our overnight at Bremen was a fun opportunity to experience life outside of camp. At the campsite there was a long dock that the girls could jump off of. In addition to jumping, they loved being camper tossed. While the counselors prepared for dinner the girls gathered and planned short skits. After dinner the girls enjoyed going for a short swim with Tookie while the other counselors prepared the s'mores. The girls really liked making the s'mores and roasting marshmallows, listening to the ocean waves and smells of salty air! This was a great opportunity for the girls to experience a camp fire classic. The next day the girls denied the opportunity to sleep in. Real troopers here, not wanting to skip a beat! After breakfast everyone gathered their stuff and we loaded onto the lobster boat, "The Snow Goose". Everyone had a great time on The Snow Goose where they ate a picnic lunch and partook in various water activities, like jumping off the top of the boat and landing in Maine's brisk ocean waters, only returning to the boat for more jumps! Some campers took to the challenge of staying in the water to beat other campers' records. We are not a competitive program….things change in ocean water! One of our brave campers, Julia Dixon, jumped off the snow goose 100 times! Fun was had by all whether your seal skinned or not! The Snowgoose trip will be a memorable experience for us all.









Junior Wavus Pride Cabin

Melissa Haynes, Kate Middleton

Our cabin and Kindness cabin took a trip to Bremen, Maine. We left about lunch time and got there 45 minutes later. We ate lunch once we arrived and later explored the area. There were two large platform tents tucked in the trees for each cabin, awesome outdoor luxury! The girls then got a chance to go kayaking on the ocean for an hour. They absolutely enjoyed their paddling time. We had a delicious cook out that night with grilled cheeseburgers, hamburgers, and goldfish snacks. After supper, as a treat we all had s'mores around the fire. The girls enjoyed having a little slumber party as they had their own tent, while staff slept close by. In the morning we got up and got ready to go out on the Snowgoose, a fishing boat. Captain Mike gave the girls the opportunity to try pulling up the lobster traps. When they got them up he showed them how to measure the lobster to see if it was big enough to keep. On our way to a little cove where we were going to eat lunch we saw some harbor seals on some of the rocks, very cool. While the boat was anchored for lunch the girls could jump off the top into the calm cove waters. Keep in mind that the ocean water in Maine is very cold. A few girls wanted to try to beat the record of who could stay in the water the longest. Margot beat that record of 60 minutes and stayed in for 64 minutes as we cheered her on! When they were done eating and swimming we went back to the camp to finish packing up. We topped our Bremen trip off by stopping for ice cream at the Jefferson Scoop. A perfect yummy decision! We finely made it back to Wavus where the girls were glad to be back and the Snowgoose, Bremen, and harbor seals were a memory!

Junior Wavus Responsibility Cabin

Annie Hopkins, Jessica Pushard, Laurie Richardson

Responsibility's overnight at Bremen and Snowgoose trip was a successful adventure! We shared our overnight journey and Snowgoose with sister cabins Respect and Courage. Yes we had some homesickness but our girls rallied, supported and comforted each other…that's what we do when we are feeling Eeyore! We had fun eating together, sitting around the camp fire roasting s'mores and telling stories. The next morning was an early rise and shine for the girls. Rising and shining with the sunrise! We counselors believe that when we sleep just above the ocean's shore you get tons more energy! gives From what I can remember from the overnight, we had a lot of homesickness spur up towards the evening and many of the girls banded together to get through the night. Once light came up, they were ready to beat the records for swimming and jumping off the boat. We had some bullying issues throughout the trip but overall, the girls were in good spirits.



























Algonquin "Unique" Cabin

HBC: Diana Sternberg
JC: Lizzy Bates
JC: Anna von Krusenstierna

Hidden Valley Nature Center 7/4-5

Excitement was building for our first overnight trip to nearby Hidden Valley Nature Center on July 4th and 5th. We arrived at the trail ready for a half mile hike to the yurt. For most of the girls, this was the first time hiking or carrying large hiking backpacks. We were carrying all of our personal belongings as well as our food for the night. Despite having to stop a few times to readjust our bags, we made it to the yurt in good time. Once we'd arrived at the yurt and put our bags down, the first thing we wanted to do was jump in the nearby lake. The map we were given was somewhat confusing so it took us a little longer than intended to find the lake, but that made for a better hike. In fact, Elliot told us later that 'being lost' was her favorite part of the trip! Once we found the lake (which, it should be noted, was not even found by some of the other cabins who visited Hidden Valley) the real fun began. The girls loved swimming and playing in the water. A few of the girls and their counselor Lizzy played the 'laughing game' on a rock in the water which was a highlight from the trip. We enjoyed lunch by the water and spent much of the afternoon there. Late in the afternoon, we returned to the yurt to relax and play cards. There we discovered wild blueberries growing just off of our porch and the girls collected dozens of delicious blueberries for a snack. For dinner, the counselors made chicken fajitas while

the girls entertained themselves in the yurt playing 'truth or dare'. After dinner and games, we had an epic evening of s'more making. All of our chocolate had melted in the yurt, so we had to dip our graham crackers in the melted chocolate for our s'mores. After we had run out of graham crackers, we still had a great deal of melted chocolate left over. Because we wanted to stay true to Wavus's "Leave No Trace" policy, we had to lick the remaining chocolate off of the wrappers, getting as much on our faces as in our mouths. That night was the Fourth of July, and although we couldn't actually see any fireworks from our porch, we could hear some going off as we were falling asleep in the yurt. Lulu, Alex and Elliot serenaded us with a patriotic song that they had sung in the school choir. This trip was a tremendous bonding experience for the girls as they enjoyed a break from their daily schedules at camp and had the opportunity to really choose how they spent their time and how they entertained themselves. The counselors mostly kept to themselves as the girls played 'house', imitated animals, and talked about their favorite movies and movie stars. This trip strengthened existing bonds and built new ones. The atmosphere of our cabin definitely shifted after this trip as the girls became united as a cabin and grew more independent.











Mohawk "Creative" Cabin

HBC: Jaime Williamson
JC: Emily Lesinski
JC: Alyssa
Annie Hopkins



Hidden Valley 7/2 – 7/3

Mohawk's first trip was to the Hidden Valley Nature Center on July 2nd. We drove to the entrance of Hidden Valley where we were met by Gary, the HVNC manager, around 10:30. Gary graciously took our cooking supplies and water to our campsite while we hiked the half mile to the yurt. The walk was a challenge for the girls as it was hot and buggy and we had to carry the remainder gear with us.

Despite this, the girls pushed themselves and supported each other and we made it to our yurt. The yurt was a decent sized dwelling with three bunk beds, a table, woodstove, and outhouse nearby. After we rested and unpacked a little, we enjoyed a lunch of sandwiches the girls made themselves. Options included peanut butter and jelly as well as various cold cuts. After lunch, the group walked a mile to the pond to swim. The girls were happy to jump into the cool water and we spent several hours swimming and playing games. When we returned to the yurt for the evening, the girls taught each other games while the counselors cooked up a feast of pasta, vegetables, and salad. After dinner, half of the girls helped wash the dishes. In the evening we all played charades before roasting marshmallows and eating s'mores. Some of the girls also shared candy that had been sent to them while at camp. Before going to bed, we read stories and the girls told 'spooky stories' by flashlight. The following morning we got an early start, waking up at seven in the morning! While the counselors made oatmeal for breakfast, the campers began to pack up their belongings. After breakfast, the other half of the girls washed the dishes. We played games and were then greeted by Cheyenne cabin before heading back to the van and returning to Wavus.

Beach Day 7/9

On Wednesday, July 9th, Mohawk cabin enjoyed a beautiful day on the beach with their fellow cabin, Algonquin. After breakfast at Wavus we packed lunches and snacks for the day and departed for Pemaquid Beach in our trademark vans. At the beach the girls swam, built sand castles, and played card games. We had lunch on the beach and then swam a little more before heading home to Wavus.

Acadia 7/11 – 7/13

For our next adventure away from Wavus, Mohawk ventured to Acadia National Park. The girls were extremely patient for the duration of the car ride, rarely asking "are we there yet?" We arrived at our campsite around 1:30 in the afternoon. Here we enjoyed a late lunch of various sandwiches followed by setting up our tents. The girls enjoyed exploring our campsite area especially after they discovered a real bathroom! We had a few hours before dinner so we drove to a nearby lighthouse. At Bass Harbor Head lighthouse, the girls had fun re-naming the islands on the horizon after themselves and things they liked. For dinner we had hamburgers, cheeseburgers and hot dogs. The counselors built a fire while some of the girls did the dishes. Once the fire was started, we all had a small dessert of sweets sent to the campers.

We played more games and then











went to sleep, preparing for an early start the next day. The next morning, we had bagels for breakfast. The girls took turns eating breakfast and making their lunches for the hike. After cleaning up the campsite and getting our hiking shoes on, we drove to the head of North Ridge Trail. This trail would lead us to the summit of Cadillac Mountain. The girls worked very hard and stayed focused on their goal: reaching the summit. They were very polite to other hikers on the trail and chatted about movies to pass the time. Once we reached the summit, we ate our lunch, being sure to keep it away from the friendly pups we found at the top! We spent about an hour admiring the view and resting up for the hike back down the mountain. We were all very proud of each other's accomplishments as well as our own. After reaching the bottom, we visited Thunderhole. The site gets its name from the loud booming noise the tides make when it crashes into the coast. The girls greatly enjoyed climbing around the rocks and exploring tide pools, telling knock-knock jokes as they went. That evening, our dinner consisted of pasta, pasta, pasta! After cleaning up, the counselors proudly made another fire for the girls to make s'mores. Once the camping tradition of roasting marshmallows was complete, we played team charades and went to bed. On our last morning in Acadia, while the girls packed their things and took down their tents, the counselors made pancakes for the hungry campers. There were more than enough to go around and the girls worked very efficiently to ensure that we left our campsite on time. We returned to Wavus excited by our trip, but also exhausted from our adventures!

Snowgoose 7/15

Mohawk cabin, along with Algonquin, spent July 15th on the Snowgoose. We prepared our lunches at Wavus after breakfast and then headed out to Bremen. Captain Mike and his crew were ready to welcome us once we arrived. We boarded the Snowgoose in beautiful Muscongus Bay and set off for an adventure. The girls were able to see lobster traps pulled and even handle a live lobster! The Captain allowed the girls to try their hand at fishing. The girls were very excited by this and took turns with members of Algonquin. Several girls caught fish but all but two of the slippery critters escaped the line. After lunch on the boat the girls spent the afternoon jumping off the top of the boat and swimming in the ocean water. Several girls eagerly broke boat records for laps around the boat and jumps off the Snowgoose. The day was very fun and relaxing for all involved. On our way back to Wavus, we stopped and had ice cream. The perfect ending to the perfect summer day!





Cheyenne "Carefree" Cabin

HBC: Laura Stewart
JC: Amanda Leonard
JC: Emma Alvedahl

Snowgoose 7/1

Cheyenne Cabin eagerly awaited their Snowgoose trip for the first week of camp, and then on July 1 the day had finally arrived! Our bags and lunches were packed and we woke up to a somewhat hazy and cloudy day, but we kept our hopes up that the day would clear up, and by the end of breakfast it had! We gathered all our belongings together and we were off! Our trip to Snowgoose was a joined activity with fellow Wavus cabin, Narragansett. We met Captain Mike at the dock landing, put on our life jackets, and headed out to sea! The boat ride was calm and we got to see lots of beautiful parts of Maine! After a little bit of time, Captain Mike and his crew let the girls try and pull up some of their lobster traps, with some help the girls succeeded and were able to pass around a couple lobsters to take pictures with! Then all the girls were given the opportunity to go fishing, but they didn't have much luck this time around, but a few did manage a couple catches. Then, Captain Mike brought us to this nice cove where we could open up the coolers and eat lunch and enjoy the sun on the boat. The girls had been waiting for this day so they could finally get a taste of the peanut butter and jelly sandwiches they all had anxiously been waiting for. We also enjoyed other snacks including pretzels and apples. After lunch, the fun began, the girls were able to climb to the top of the boat and jump off!

We had some quite ambitious girls, and they all seemed to love it! After that excitement was over, Captain Mike gave us another shot of luck with fishing. And it sure did happen. Girls were catching fish left and right, the crew couldn't keep up! Captain Mike then took us on a nice ride back to the dock, where we thanked him, cleaned up, loaded up the vans and headed back to Wavus, but of course with a trip to Jefferson Scoop for some ice cream before!

Hidden Valley 7/3 – 7/4

It was a bright and sunny day when Cheyenne set off for Hidden Valley on Thursday July 3rd. All packed and ready to go we loaded everything into the van and set off. On arriving at Hidden Valley we parked the van and took our things out. We knew we had a bit of a walk to get to the Yurt but that was ok! About two minutes into our walk we met the bugs of Hidden Valley! They all came out to greet us – how lucky were we! They buzzed and flew and then decided to bite us too! This did not stop us, we kept going. After passing a sheltered notice board we assured the campers that, 'No, that was not the yurt' we found the path we needed. We followed the path and found the yurt. We had a warm greeting from Mohawk who were finishing off their stay and we found out the essential information; where the out house was, where the plates were etc.. With still a few things to collect from the van we walked back along the buggy path with Mohawk and waved them goodbye. We headed back to the yurt and began the fun process of deciding who was sleeping where. Within 5 minutes the yurt looked like the cabin and was pretty homey!

Desperate to get out on the trails and go swimming we packed up our sunscreen, bug spray and water bottles

(well most of us did…!) and headed out to find the lake. It was a gorgeous day and the sun was hot too. We came to a path which we took to find the lake but soon realized it was not the swimming area we were looking for. We headed back to the main path and set out to find the proper route. Now, I don't know about other cabins but when Cheyenne goes out walking you will hear us before you see us! We sang songs on our walk and talked while we decided to stop for lunch. Peanut butter and jelly – Yum! After clearing up our trash and making sure we had 'left no trace' we continued our walk to find the lake.

The map made this slightly confusing but we were pretty sure we had it worked out. We followed Slick Rock Path and headed in the direction of the lake. About half way down the path disappeared a bit and we came to a rocky stream. By this point we were very hot and many had given up hope of going swimming. The path looked unclear so we decided we had had a good walk and we would go back to the main path and rest. We stopped for some water and had a well deserved seat on the ground. One of our cabin members decided she wanted to call a car to come and collect us at this point so we didn't have to walk any more, but what fun would that have been! We played games and decided that we would head back to the yurt to get ready and rest before dinner. The girls shared games they knew and sang their favorite camp songs, they even learned some new ones! The girls quickly changed their disappointment with games of 'Wah Master', card games and renditions of 'This is Hermie the Worm.' We did all agree that it was frustrating not to find the lake. Even more so when we discovered we had actually been a few yards away in the end. We never gave up hope and the teamwork as a cabin was great. With the games and songs everyone bonded more and we finished the day with a great dinner of pasta, s'mores and games! We think our walk was about 5miles in total and it was a great achievement even without finding the lake. The girls learned the importance of using bug spray and carrying water bottles and they learned that it isn't a great idea to look down the toilet in the outhouse! The positives of tripping! Everyone had fun on our first overnight trip and we were so ready for the next one!

Hermit Island 7/9-7/11
Day 1

It was a bright sunny and hot day when Cheyenne was scheduled to leave for our trip. We got up as usual on Wednesday morning had breakfast and tidied our cabin to earn ourselves another sticker from the Cleaning Fairy!

We had to wait until there was a van available so we spent the morning making sure everything was packed and enjoyed having some cabin time. We played games outside of Jewell and then Suse kindly offered to take us to Jefferson by boat to get some ice cream! This was perfect as the weather was so hot and by the time we got back to camp we had time to have some lunch and then load up the van to begin our trip. Everyone was so excited to load up the van and get going. Before we knew it Amanda was driving us out of Wavus and heading towards Hermit Island. Full of anticipated excitement, we were equipped with our cabin cd, directions and a map of Maine (just in













I walked

I walked with a wave today
As it met my pace on the causeway
Side by side we shared stories
I whispered of the leaves and flowers,
While She of the fish and turtles.

I walked with a wave today.
A single wave, that caused the lake to move,
Until she finished her powerful push
Onto the boundaries land.



case!) as we began our hour and a half journey. Everyone was chatting and trying to decide which song we should listen to first. We got to Hermit Island late in the afternoon. Laura first needed to sort out the reservations while the rest of the gang grabbed some maps of the camp site and headed off to set up our home for the following two days. Our camp sites were on 'Bowline Knot' and thankfully at the end of a path so we didn't have to move the van and trailer. We unloaded our bags and began the fun task of setting up the tents. Everyone was in tent groups and worked really well together. In tent 1 we had AB, Rachel and Emma, Tent 2 had Caroline S, Elizabeth and Katherine and Tent 3 had Claire, Caroline C, Ellie and Zoe. Everyone worked well putting together the tents and even helped out other groups if they finished sooner. We quickly realized we had some hungry mosquito's hanging around so we put on some more layers and some bug spray while Amanda, Emma and Laura started setting up for dinner.

Dinner our first night was hotdogs, veggie dogs and burgers with carrot sticks and salad. We made sure to practice LNT and decided to take a walk before having our dessert. Our walk took us in the direction of the beach where we had to get our kayaks on Thursday. It was sunset and the waves were huge! All the girls ran straight for the waves and started jumping them on the shore line. Of course, before long we ceased the moment and this turned into swimming!

Everyone had such a good time. We had to cut the swimming session short when the rain started. We went back to our campsite and set up our tarp over our tents as a rain canopy. The rain got quite heavy and we had to have our s'mores cold – they still tasted good though! After we had eaten all our chocolate and marshmallows it was time to brush teeth, have one last visit to the out house toilets and go to bed.

Day 2

After hearing the rain on and off all of Wednesday night we were thrilled to wake up on Thursday morning to dry weather. It was slightly foggy but it had already started to burn off. Amanda, Emma and Laura woke up to camper demands for breakfast so they got up and started cooking. On the menu for our first breakfast were pancakes. Choice of plain or M&M – yum! Before long we were fed and ready to go out in our kayaks! We followed the path to the beach and looked for our kayak guides. Unfortunately they were nowhere to be seen. Being eager to get out on the water we decided to go and find them. Together we walked down to the entrance area of the campsite and found the kayak workers loading up everything we would need in their car. We went back to the beach and helped to sort out boats, lifejackets and paddles. We were even given a quick paddling lesson from the guides and told what to do if someone fell out or if capsized. Once everyone was fitted with a lifejacket and a paddle we paired up to begin our adventure for the day. Zoe and Emma went together, Elizabeth and Claire, Katherine and Caroline, Caroline and Laura, Ellie and Emma, AB and Rachel and Amanda in the solo kayak.

One by one we set off from the shore beginning with Emma and Ellie. Unfortunately they set off and a huge wave decided it wasn't time for them to leave yet. It pushed over their boat and they headed back to the sand. This was actually a good thing as it meant

we could learn how to use the water pumps we had for the boats! With all the water out, Emma and Ellie tried again with complete success! Everyone followed on and off we went. We had initially intended to paddle right round the island but we quickly realized we were paddling against the wind and the waves. Everyone was working really well together, becoming comfortable with their kayak, working in time with their partner and managing the conditions. We wanted to stop for a break but the waves were very strong so we paddled a little bit further and found a small secluded beach where we could stop, rest and eat our snacks! Some of the girls climbed a rock that was on the side of the beach to get a good view of the area. Claire and AB went swimming. Meanwhile Emma, Katherine, Caroline and Rachel were busy making Zoe into a sand mermaid! We had so much fun. About half an hour later we were all in the water swimming and splashing around.

Time was moving on and the tide was coming in and trying to take our kayaks away! We Cheyenne girls are quick to notice these things though and they never got far! We know the pull of a tide! We put our life jackets back on and decided to paddle back to our starting point. Compared to our paddle out this journey was easy and everyone had so much fun riding the big ocean waves in the kayaks. Surfing the waves! Before we knew it we were back at the beach and the girls wanted to go swimming yet again. We returned to our campsite grabbed some food, ate a late lunch, and then did go back to the beach where we rested, swam, splashed and read until dinner time. It was a great day and everyone was excited for our quesadilla dinner that night. The meal was satisfying and then Amanda and Emma surprised us by heating up some scrambled brownies complete with oreos, m & m's and marshmallows – YUM! After some games and a lot of tidying up we got ready for bed and snuggled back into our tents for the night!

Day 3

It was day 3 and we had a schedule to keep to – unfortunately! We had to check out of our campsite by 10am. This gave us time for a slight lie in before our English muffin breakfast. We dismantled out tents, picked up our things and headed on our way. We were slightly early for J Scoop so we headed to Round Top for ice cream before making it back to camp to unpack and clean up. We had such a good trip and everyone worked well as a cabin both at the camp site and on the water. As counselors we were proud to see the girls working together and having so much fun, it was a great trip!

Cayuga "Quiet" Cabin

HBC: Kacey Caudle
JC: Madde Lindal
JC: Carly Grimm

White Mountains 7/7-7/11
Day 1

Monday morning we all woke up earlier than usual full of excitement and anticipation for our trip! After breakfast, double-checking our gear and food supply, and loading up the van and trailer, a sense of relief fell over me as we finally loaded the van. Planning, preparing, and packing made it seem as if we were leaving for more like 5 MONTHS, not 5 days! The better part of this day was spent traveling to

the White Mountains National Forest in Northeastern New Hampshire, about a 3 hour trip. We finally arrived to our destination, Dolly Cop camp ground at around 4:00 pm. After unpacking and setting up our campsite we decided to cook dinner and go get ice-cream in celebration of Ellie Maltby's 11th birthday! After a delicious dinner of grilled chicken and couscous and an ice-cream birthday celebration, we decided to make it an early night so that we would be well rested for our great feat of hiking Mt. Washington the next morning, as we expected good weather.

Day 2

5 am came unbelievably soon after we settled in for the night, but everyone woke up surprisingly easy. After a quick breakfast of bagels with cream cheese or peanut butter, we made lunch and packed our day-packs in preparation of our long and exciting day on Mt. Washington. In our day-packs, we included rain gear, lunch, water, gorp, bug spray, first aid supplies, and maps! When arrived to the Pinkham Notch Visitor and Information Center, we checked the current weather conditions for the summit and the forecast for the remainder of the day. Current conditions were ideal and we checked in to the Tuckerman's Ravine Trail at approximately 7:30 am on Tuesday morning. The beginning of the trail was very well traveled and populated as well as very well maintained. The first ½ mile or so was a moderate but constant climb and we quickly began to heat up! A steam flowing down the mountain crossed our path soon thereafter, giving us a great photo opportunity as well as a place to take a quick break and take off some layers. As we continued to climb, the sun shining brilliantly in the blue sky, the girls took turns being the "leader" and









we frequently stopped to drink some water as we were really working up a sweat. We reached the Tuckerman's Ravine Hut around 11:15… perfect timing for an early lunch and good break. There we could continue to monitor the weather and refill our nalgenes. While we were there we met many nice hikers and some very experienced White Mountain travelers. After a good and much-needed break we resumed our climb taking the Lions Head Trail. After this "half-way" point the trail became much steeper as it ascended Mt. Washington. Somewhat into this trail the clouds began to roll in accordance with the afternoon forecast of possible thunder storms. We continued to climb as we monitored the weather conditions and after much thought and deliberation among us counselors, we made the decision to start the decent, as it would be treacherous if conditions did worsen. I along with the girls was disappointed but also very pleased with our great accomplishment. We had made it ¾ of the way to the summit of the highest mountain in the Northeast! WOW… this is incredible. We were able to experience some truly breathtaking views as we climbed over 4000 feet! Our decent was practically flawless, as everyone exited the trail later that day exhausted but safe and very proud! We returned to our campsite just as it began to rain (perfect timing)!! After the rain calmed down, we were still able to cook some delicious cheeseburgers (and veggie-dogs, of course)!

Needless to say, we slept great that night!

Day 3

The sun broke through the clouds on Wednesday morning, welcoming us to another beautiful day in the White Mountains. After waking up at 5 am on the previous morning we "slept in", not having a wake-up time, but we were still all awake and preparing breakfast no later then 7:30! We took our time making a wonderful breakfast of pancakes, bacon, and fruit and relaxed until about 10. Our itinerary for this day was flexible so that we could have some time to play and explore, so after preparing lunch and our day-packs, we were off! One primary destination was Emerald Pool, but we also enjoyed the drive over there as we stopped at a swinging footbridge that crossed the Wild River and took a quick refreshing splash in the cold stream. Emerald Pool was highly suggested but also known to be somewhat hard to locate. It is actually located about 1 mile into the Baldface Circle Trail. As we began this "walk" we became somewhat concerned that we were not on the right track, as it did not seem well traveled. However, we soon were reassured with the sounds of laughter and excitement as we approached the stream. Following the stream lead to a small waterfall and a deep pool in the brilliant hue of emerald, either side of this pool was good sized ledge perfect for jumping into the pool! No disappointments here!

Although the water was freezing, it did not deter us from enjoying this thrilling jump. After enjoying the jump for a while, we took a break and ate a picnic lunch by the stream and continued to enjoy this area for a while longer. We then decided to hike back to the van and stop by the swinging bridge on the way back to the campground. Once again, perfect timing as it began to rain while we were in the van. As a cabin we always enjoyed our time in the van as we

would sing and play games. Perhaps, this Wednesday, the 9th of July, was one of the most memorable days of the entire session. Cooking dinner at the campsite was one of my personal favorite aspects about our trip and this night we enjoyed chicken and cheese quesadillas with sautéed peppers and onions.

Day 4

Thursday morning ready for even more adventure, we were blessed with our most beautiful day of the trip. It was incredibly sunny but much cooler and less humid than the days before. We choose to hike the Square Ledge Trial and the Lost Pond Trail. Both of these hikes were directly across from Mt. Washington and the rest of the Presidential Range. The Square Ledge trail was a shorter, but moderate steep climb to a ledge providing a brilliant view of Mt. Washington. The girls really enjoyed this climb, especially when we reached the summit. The challenging decent required utmost caution as we traveled over large boulders and more open rock faces before reaching the base of the trail. When we completed this hike, we then went on a much flatter but longer trail called The Lost Pond which took us around a beautiful pond in the Presidential valley. We admired large beaver dams and the trees that the beavers used to make their dams. This was a great day but perhaps the highlight of the day occurred on our way to the beginning of the trail when we were driving in the van as we witnessed a MOOSE CROSSING!! The girls longed to see a moose for the entire trip…finally it happened! We ended the day with a late afternoon swim in the Wild River by request of the girls and a final reflection of the trip. It did not rain at all this day and we were able to enjoy a nice camp fire where we roasted marshmallows for delicious s'mores! Also, we did some cleaning up and packing in preparation of our anticipated departure back to camp in the morning.

Day 5

It has been a fun, exciting, and a meaningful trip… but we were certainly ready to get back to camp. We awoke about 7:00 am and had breakfast and then disassembled our campsite. We aimed to be on the way back by 9am, we were to be back at camp in time for lunch (12:30) and we were just on time. Although we were back at camp, this did not mean that our trip was over… ALL of our gear had to be unpacked, cleaned and put away. The girls displayed incredible teamwork with this process as they were ready take a much needed SHOWER and of course, open their mail!! Everyone back at camp welcomed us back and was excited to see us and hear about our tripping experience. Home sweet home!

















Cherokee "Communicator" Cabin

HBC: Asia Murillo
JC: Oheema Opoku
JC: Sara Suddreth



Hermit Island 7/3 – 7/4
Day 1

We loaded up the van and left Wavus after breakfast for Hermit Island. Once we got there everyone headed towards the main beach where the girls enjoyed sunbathing, reading, playing in the water, walking out along the rocky bluffs, and knitting. It was a gorgeous but very windy day. For lunch everyone had their favorite thing, peanut butter sandwiches in all different varieties, including peanut butter and banana, just peanut butter, and the original peanut butter and jelly. After lunch the girls continued to frolic along the beach where they used their imaginations to come up with

the exclusive club called "frarenity" complete with a tepee made of sticks, seaweed outfits, and fashion runway walks. Later that afternoon we packed up and moved to the campsite to set up tents and begin preparing foods for dinner. We took a short walk around the island, had macaroni and cheese, hotdogs, and rice for dinner, and the hot chocolate for dessert before bed.

Day 2

Everyone slept in and while some of us prepared breakfast and others worked to take down the tents, clean up any trash, and pack up the van. After breakfast we loaded up the van to head back to camp. Before we got back to camp we attempted to stop by the local ice cream shop, Jefferson Scoop for an early afternoon treat but since it was the fourth of July it was closed. Luckily across the street the local Jefferson Market was open and all the girls were able to get individual ice cream novelties or strawberry slushies. We returned to camp shortly before lunch and worked together as a team to unpack and clean the van out as we were all very sandy. All and all it was a great trip and a great practice step for our next overnight adventures.

White Mountains 7/10-7/14

Day 1

After several delays we were finally able to get the van loaded up and left Wavus shortly after lunch. We stopped for Hershey's Ice Cream at a local ice cream store where everyone was able to get out and stretch their legs while enjoying a refreshing treat. We loaded everyone back up and continued on until we finally arrived at the Dolly Copp campground and checked in at the front station. We got to our campsite and proceeded to set up tents and unhitch the trailer before several of the girls went with Asia and Sarah to explore the campground area and take in a short hike. Everyone else stayed with Oheema at the campsite where they relaxed with knitting and reading. The girls that went with Asia and Sarah were able to go swimming in their clothes at what was deemed "polar bear river". Once everyone returned and changed into dry clothing we began to prepare dinner and met up with another cabin from Wavus, Cayuga, who were staying in the same campground as their trip overlapped with ours. After cleaning up all of the pans and bowls from a delicious Mexican themed dinner the girls headed to bed as we had an early wakeup call the next morning.

Day 2

We woke up early, around 5:45 am in order to get an early start on our most strenuous hike, Mount Washington. Everyone dressed in lots of layers had breakfast; prepared lunches, water bottles, and snacks for the hike. We drove down to Pinkham Notch, which would be our starting place, and took a last minute bathroom break before we began our hike at 7:30am sharp. We began climbing Mt. Washington using the most widely traveled path, Tuckerman's Ravine. We were very lucky to have beautiful weather with temperatures in the 70's and predictions of the temperature staying in the 50's at the summit. Our first 2.1 miles of hiking were a steady uphill climb on a relatively wide path. We veered onto Lion's Head and the trail became much narrower and the steepness slowly continued to increase as we made our way up the mountain. We had gorgeous views looking out off of our trail and continued bouldering

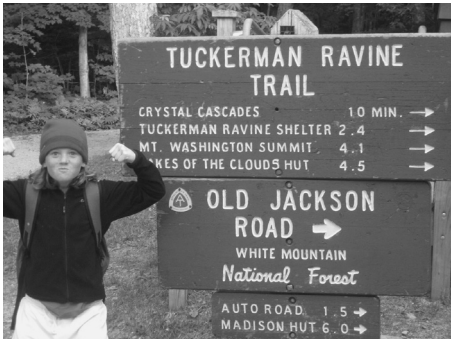
our way to the top. The last mile was the toughest. It was very step and just big boulders to climb as we made our final ascent to the summit. We all reached the summit a little before noon where we took pictures and went inside the summit building to enjoy lunch. Before we went inside the weather was a bit windy and cold, however it was an extremely clear and sunny which is not typical at the summit of Mt. Washington. After enjoying lunch and purchasing a few trinkets from the gift shop we all packed up and began to make our descent down the other side of the mountain by way of a different trail. Unfortunately the weather did not stay lovely and it began to mist and drizzle for the first 2 miles or so. After 6.1 more miles we finally reached Pinkham's Notch at around 6:15 that evening. Everyone felt both accomplished and exhausted so we loaded up the van and headed back to the campsite. Back at the site, we ended our long day eating English muffin pizzas' and s'mores, quickly retiring into the tents and snug in our sleeping bags!

Day 3

We woke up around 6:45 am and off to a slow start in preparing breakfast, packing lunches, grabbing bathing suits, and filling up our water bottles. After cleaning everything up from breakfast we loaded up the van and drove to another area of the White Mountains National Forrest that was actually located in Maine. We hiked a small mountain called Blueberry, obviously for the blueberries that grow at the top. The hike was short and relatively steep, however everyone agreed that it was nothing compared to Mount Washington from the day before. After hiking we loaded back up the van and drove a short distance to go to a place called Emerald Pool. Emerald Pool was a blast! The girls were able to jump off of rocks into the deep green water and splash around in the shallow areas. The water was freezing! We enjoyed lunch and lounging around at Emerald Pool. After a few hours everyone took their final jumps, dried off, changed clothes, and we loaded back up again. On our way back we stopped at a suspension bridge to take pictures and walk across. We stopped in town at the local general store where everyone was able to enjoy ice cream and one of our counselors, Sarah, purchased homemade fudge for us to all enjoy later. We headed back to the campsite where we worked as a team to prepare dinner and scrambled brownies for dessert. After dinner everyone hung out by the fire knitting, reading, and just relaxing before we all called it a night and went to bed.

Day 4

Our third and final day of hiking we woke up around 6:45 am again, had breakfast and began preparing for our hikes for the day. We split up into two groups where Asia and Oheema led one and Sarah led another. Both groups did about the same distance just two different hikes. Sarah's group did the Imp Face hike. The Imp Mountain sits directly across from Mount Washington and once we reached the top we were able to see Mount Washington as well as the entire valley around us and the surrounding mountains peaks. It was a gorgeous view but extremely windy at the top. Asia's group did a hike to a lookout point on the side of a mountain. Having finished their hikes both groups met up back at the campground ate lunch and headed for a swim in the "polar bear river". The rest of the afternoon everyone


TUCKERMAN RAVINE
TRAIL
CRYSTAL CASCADES 1.0 MIN.
TUCKERMAN RAVINE SHELTER 2.4
MT. WASHINGTON SUMMIT 4.1
KES OF THE CLOUDS HUT 4.5
OLD JACKSON
ROAD
WHITE MOUNTAIN
National Forest
AUTO ROAD 1.5
MADISON HUT 6.0






MT WASHINGTON
SUMMIT









hung out, ate some of Sarah's fudge, and just enjoyed taking a break. We all worked together to prepare the last dinner of hotdogs, pasta, rice, and tomato sauce. After dinner it started to rain so we were not able to light a fire and everyone made their way to their tents to talk and hang out before they went to sleep.

Day 5

Our last and final day we woke up around 7:30 am ate breakfast and began the process of taking down tents, loading up the trailer and van, taking down the tarps, and making sure we left no trace behind at our campsite. We began the drive back to Wavus and luckily Jefferson Scoop was open so we were able to stop for ice cream before we went back to Wavus. We arrived a little after lunch had started so we eagerly rushed upstairs to the top of Jewell to join the rest of the camp for lunch. After the home cooked Wavus meal everyone began the process of unpacking the van and trailer, cleaning out the van and trailer, washing all of our pots, pans, and other dishes, as well as unpacking everyone's' personal gear. We were lucky to have had such great weather on our trip and are so proud of all of the accomplishments our girls made while we were on it. Everyone's contributions made it a most memorable experience!

Narragansett "Safe Point" Cabin



HBC: Anna Titcomb
JC: Ellie Sheply
JC: Liz Bendzunas

Snowgoose 7/1

On a gorgeous morning, Cabin Narragansett and Cabin Cheyenne set off to haul lobster traps, catch fish, catch the sun and chat about Cleo and Tony, on Wavus' very own lobster boat, the Snowgoose. It was a full day of reading, swimming, jumping off the top and seeing how long we could all stay in the freezing cold water! Our cruise in Muscongus Bay included an education of the lobster industry, a nature tour of the local islands and their wild life. This was a great way to bond together as we cruised on the beautiful ocean waters.

Damariscotta Lake 7/2 – 7/3

Excited about our upcoming (5) day trip, Cabin Narragansett took to the pristine waters of our very own Damariscotta Lake, for an overnight chez Rodrigues on the farthest After an easy paddle to our destination [with a brief lunch stop, complete with lessons on "don't yuck my yum" and LNT, on an island], the girls unpacked and set up tents in the wind, learning first-hand the importance of tent stakes. We enjoyed a delicious meal of mac'n'cheese, complete with the ever-so-popular veggie dogs, and roasted s'mores over the Coleman, thanks to very damp wood. The combination of s'mores and hot cocoa was a bit too much for some of us to take, and the children were quickly running around and speaking to trees in British accents. Eventually the mosquitoes drove us into tents, and we slept soundly. In the morning, we enjoyed oatmeal and [more!] hot cocoa, while we watched white caps on the lake at 7:30am. Unfortunately, the winds proved to be more than Cabin Narragansett could handle and Suse herself came to our

rescue. We resolved to beef up the guns for Lobster Lake and enjoyed being back at Wavus!

Lobster Lake 7/9 – 7/13
Day 1

Cabin Narragansett has been planning, building up our strength, practicing our j-strokes, ruddering our way around Damariscotta Lake. With our canoes tied tight and our wannies packed, we rocked out of the wav, dead set on being the first cabin ever from Kieve or wavus to conquer Lobster Lake. Undismayed by the torrential downpour on the way, we unpacked to overcast skies and hoards of mosquito's, the girls remained undaunted, and we pitched our tents at our first campsite - kept company by a group of 15 year boys who asked us to keep the noise down . . .

Day 2

The next morning was beautiful. Sunny and windy and the girls laughed and sang songs as we paddled down the west branch of the Penobscot. In the early afternoon we had made it! Gorgeous Lobbie Lake stretched out in front of us, and propelled by a strong backwind, we scudded into Ogden north, quite possibly one of the most beautiful campsites ever. The girls scattered, climbing trees, exploring the beach, building sand castles, we even all went for a celebratory swim. After enjoying delicious zucchini and tomato pasta for dinner, the girls entertained us all with games of charades and elaborate dances to the tribal fire gods.

Day 3

The next day, the winds were high, so we took off further down the lake, to find ourselves in Lil'claw! to break up paddling, we decided to go for a hike up lobster mountain, to a beautiful lookout point, we shared many, many m+ms, talked about our friends back home and narrowly escaped being eaten by a bobcat . . . which turned out to be a grouse. Meanwhile, back at the ranch, Ellie took some girls swimming, others sunbathed, and everyone opened up businesses, selling flowers, shells and even knives? Creepy. After a dinner of veggie fajitas and s'mores, we hit the hay for an early wakeup.

Day 4

Lobbie Lake had another idea for us though . . . despite the violent winds everyday, the morning dawned over a still-as-glass lake! Luckily, this was our rest day and it was sunny and gorgeous, making it perfect for sunbathing and reading. Unfortunately, we discovered six inch leeches lurking in the water! Terrifying! to beat the heat, we all took a paddle back to Ogden north, for a dip, then came back to continue our afternoon of reading "stardust", playing truth or dare and kissing our tree boyfriends. We ate a delicious meal of gado gado and it was time to go to bed in our makeshift shanty town on the beach. Tomorrow would be our last day . . . .

Day 5

Unfortunately, it was super windy again, and the girls fought their way back through a head-wind, getting stuck in the wrong inlet and waiting for the one to appear to take us back to civilization. We enjoyed delicious, massive sandwiches for lunch and even ate . . . . liverwurst, ew! Agreeing that now that we had acquired mad canoeing skillz, it was time to head back to the wav and enjoy the sweet comforts of camp life . . . until next year!

































Abenaki "Dawnland People" Cabin

HBC: Shell Noiles
JC: Emily Maclary
JC: Steph Saporito/Katherine Abbey

Hidden Valley 6/29-6/30
Day 1

Our first trip we went on an overnight backpacking trip to Hidden Valley Nature Center. The trip started off on a rough note. We got caught in a lightning storm on the way to the campsite, and had to follow trail protocol and crouch on our sleeping pads in the pouring rain in order to stay safe. Not knowing when the storms would end we decided to go back to the van when there was a break in the thunder. Of course, as soon as we made it back the rain stopped. We made sandwiches for lunch and the counselors called the tripping director, Lindsay, who assured us that the weather looked good for the rest of the afternoon. We put our packs back on and hiked back to the campsite, where we were welcomed by tents set up, canoes, and a tarp set up for us from Shawnee Cabin who had left Hidden Valley the day before. Things were beginning to look better! We settled our gear into tents and made prepared a cooking area. Next we slid the canoes into the calm waters and headed out to paddle the pond's shoreline exploring new territory. Having worked up an appetite after the paddle we dined on chicken sandwiches for dinner. After dinner, looked for dry wood for a fire, and managed to make one that burned long enough to roast marshmallows for s'mores. We all sat around the fire together and told stories. Despite the rough start to the day, it ended with smiles and laughter.

Another thunderstorm hit in the middle of the night, which was scary, but the girls were able to talk each other through it. The next morning, we cooked eggs for breakfast, packed up the tents, and headed back to camp. Though the weather was intense and the mosquitoes were very hungry, we all ended up having a good time and the trip was a great way for the cabin to bond and learn to work together.

Baxter State Park 7/5- 7/9
Day 1

We got off to a late start because we had to wait for a food shipment in order to finish packing everything we needed for the trip. At around 9:45 am, we left camp and drove four hours across Maine to Baxter State Park, stopping to make lunch along the way. It was mid-afternoon when we got there, so we set up tents, explored the campsite, and played games until dinner. We made burgers for dinner, and then went to bed early so we would have enough energy to get up and hike Katahdin the next morning.

Day 2

We woke up at 5:30 AM for breakfast and packed up our daypacks, then drove to the campsite by the trailhead of Katahdin. We started up the Abol trail, which is about 3.8 miles, around 7am. A mile in, Steph unfortunately had to turn back with a camper who was feeling sick. Shell, Emily, and the other twelve campers continued hiking. The trail was difficult, and we spent a lot of time scaling huge boulders. Everyone worked together to find the best way up the hardest parts of the trail. The leaders of the pack made it to the huge plateau at the end of the trail around 11:30, and sat down to eat lunch, nap, take pictures, and wait for the rest of the group. Around 12:30, everyone

had reached the plateau and had some time to relax, and we started up the trail from the plateau to the summit. We all reached the summit together and had fun talking to the other hikers and taking pictures with the sign at the top, and then we headed back down to the plateau. We took the Hunt trail, which is part of the Appalachian Trail, back down. The Hunt trail is also quite steep, and we scrambled over a few miles of boulders before we reached the shaded part of the trail and, eventually, Katahdin stream. We all gathered by the stream to rest and re-group before hiking the rest of the way down. We finished the hike around 7 pm. We were sweaty, exhausted, and a little bit sunburned, but incredibly proud that we had made it to the summit of the highest mountain in Maine. We enjoyed a late meal, said good bye to counselor Steph and welcomed a new counselor Katherine Abbey, who would be part of our Abenaki team until we finished the trip. All and all it was a LONG day and it felt good to be 'snug as a bug' in our sleeping bags under the Baxter stars!

Day 3

We spent most of the day recuperating from the intense hike yesterday! We slept in until 8 am and enjoyed a lazy breakfast eating pancakes. After breakfast, we went to the rock slide picnic area, a few miles down the road, where we went swimming, ate lunch, and played on the rocks. Later that afternoon, we had time to hang out at the campsite, play games, talk, and relax. It was nice to spend time with friends, learn more about each other, bond and have fun as a cabin. That night, we lit a campfire, made s'mores, and told stories. It was a very fun and relaxing day.

Day 4

After breakfast, we drove to Abol

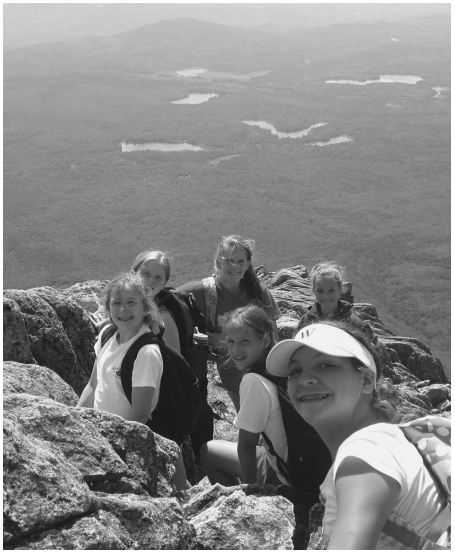












campground, where we had started our hike up Katahdin. We took a different trail and hiked up to a beautiful waterfall, where we ate lunch and went wading. The hike was not too long and the trail was beautiful and shady. The water was cold, but we had fun cooling our feet off and playing on the rocks. After we hiked back and returned to the campsite, Emily and Katherine took half the group back to the picnic area where we had been the day before to swim again. Shell stayed with the rest of the group to read and play games at the campsite. We made macaroni and cheese for dinner, and then set up a tarp because it was starting to rain. We moved the cooking supplies under the tarp so we could make scrambled brownies for dessert. The rain stopped shortly after, so we could eat our brownies outside next to the slightly damp campfire. Then, we packed up anything that we didn't need for the next day and went to bed.

Day 5

We woke up early, packed up tents, and loaded the trailer so we could get back to camp before lunch. We left the campground around 6:45 am, and stopped to get donuts and bagels for breakfast after we left the park. We drove back to Wavus feeling good to be back at our camp home and finished unpacking and cleaning up our gear just in time for lunch! The trip was exciting and really helped us all get to know one another, learn how to work together and support each other. We hope the stories live on and the fun times remembered!

Beach Day 7/14

We went to Reid State Park with Shawnee for our beach day. When we left Wavus after breakfast it was overcast and it rained a bit on our drive there, but by the time we got to the beach the sun was shining and the sky had cleared up. The weather ended up being perfect! We relaxed on the sand, ate the sandwiches we had packed, and went swimming. The water was freezing and the waves were huge, but we ran around in the surf and jumped the lower ones, which were still taller than we are. Later in the afternoon, when we were done swimming, we buried Champ in the sand. Our beach day was fun and relaxing. We stopped at Round Top on the way home to get ice cream, and then headed back to camp for dinner and evening activity.

Shawnee "Southerners/ Warm Heart" Cabin

HBC: Elise Lindsey
JC: Jen Norton
JC: Isa Berglund

Hidden Valley 6/28 – 6/29

After breakfast we got our food and split it up between our packs. We tried to fit all our gear in the van but we are girls and packed way too much; so we had to get a trailer. We drove a little bit and then started backpacking to our campsite. We missed our turnoff path and had to figure out the right way. Problem solving at hand! Once we arrived we rested, ate some gorp, and went on a hunt to find the port-a-potty. Then we put our tents together. Soon after, our counselors, Elise, Isabelle, and Champ insisted they had an amazing adventure in store for us. We dug our feet but were excited that the clue they gave us was "something that involves sugar". We hiked for a ways and then "accidentally" came across the van. They were taking us to ice cream! Returning from that adventure, most of us went canoeing or swimming and explored an island on the lake. We prepared and enjoyed a chicken & veggie burger dinner, made s'mores, and chatted by the fire. We had tent time and went to bed. We awoke to wet tents and drizzling rain outside. Unanimously we decided to move quickly and packed up our belongings, had a quick breakfast, and got out of there before a storm hit. We had a great time and everyone bonded on the trip. The funniest part was when we gathered leaves for toilet paper, but Champ insisted on going to get toilet paper for those who thought otherwise. We are excited for our 5-day trip next week!

Baxter State Park 7/6 – 7/10
Day 1

Today we drove most of the morning and early afternoon. When we got close to Baxter the counselors thought we needed a break. We stopped at a "beach", it was really fun because we rubbed the natural clay all over our legs and did a spa treatment. Then we ventured to our awesome campsite which was only 1.5 miles away from the natural water slides. We all went to the waterslides for an hour or so before dinner. It was so fun especially because we ran into the Kieve boys. For dinner we had Hamburgers, French French fries and made up a dessert of blueberry spoons…delicious. The night ended crazy when we locked the keys in the van. But with some help we located the spare, nothing was about to stop our amazing adventures at Baxter.

Day 2

Since we had a late night with getting adjusted and the whole key incident we decided to take it easy today and gain energy for Katahdin. We had cinnamon roll experiments for breakfast, those were interesting. At least the bacon was delicious. Then we went on a hike to get our legs moving and played in the stream. Hikes are the best especially with gorp. We came back to camp and made campfire grilled Pizzas. Yum! Everything tastes so much better camping. We ran out of fuel, so we were cooking everything over the fire. For the remainder of the day we played at the waterslides, hours of endless fun. Our counselors had to pull us away so we could have dinner and get to bed early for our big day of hiking Katahdin. We had banana boats for dessert, I hope I can make them at home.









Day 3

5 am wake up for Katahdin. We drove to the starting point and began hiking around 6:40 am. The hike was really tough but we were committed to make it to the top. We climbed huge boulders and made it to what we thought was the top, only to find out that we still had 2 more miles of rocks to scramble through. We reached summit around 1:30 and had lunch on top of the highest mountain in Maine. It was gorgeous. We took a rest, took pictures and began our journey back down. We got back around 7:00 pm and were exhausted but felt very accomplished. Another thing we felt was every bone and muscle in our aching body. That was the most difficult physical exercising any of us had every done, 10.4 mile of pure hiking! We were all very tired and slept excellent that night.

Day 4

We are so sore! The counselors let us sleep in and said they had 2 surprises for a job well done hiking Katahdin. We loaded the van wearing our beach clothes and headed for our adventure. We were going to the "beach", oh yah, more spa treatment that we loved. Then they surprised us with the best celebration lunch ever! After a day of fun we headed back to camp, making sure to stop at the waterslides for one last time. It started to rain around dinner but that was actually fun because we all sat in the lean-to singing songs and had a tasty dinner of pesto pasta, sausage, and grilled veggies. Later all the campers had a dance-off. All the campers are so silly and fun.

Day 5

We drove from morning to lunch. It feels so good to be back at camp. That was the greatest camping trip ever but I love, love, loving the shower!

Beach Day 7/14

We headed out to Reid state park. It looked a bit gloomy, but we knew with this bunch of girls the day would be full of sunshine. We went with Abenaki & all loved relaxing at beautiful Reid State Park. The beach was warm and the water refreshing. We all loved jumping into the waves for hours and then laying around chatting and reading. The day ended great with a trip to Round Top!







Omaha "Graceful" Cabin

HBC: Malory Ferguson
JC: Ashley Wyman
JC: Alina Swiadas

St Croix/Acadia 7/2 – 7/12
Day 1

Today we woke up at 6am had a quick breakfast of cereal and muffins then headed for the Wav, for some last minute packing. We set off at 7am. After about a half hour later, we realized we had left both the paddles and life jackets back at camp! But Lindsay, with all her 7 am joy, happily turned around. What a good sport! After we retrieved these things we headed to the St. Croix… or so we thought. We started with some simple rapids then did a little backtracking. We saw some intense looking rapids so Malory and I headed off to get a closer look, but not too close. We tried to keep close to the shore as we bumped into several rocks. We landed the canoe and the first thing we saw was a portage sign. We headed down the trail looking for people to help point out where we were on our map. We found some Canadian fly fishers who pointed out our location. That was when we realized that we had been put in one drop off sight too soon. Oops. A call to problem solving skills! But we kept our positive attitudes, made several portage trips (which were very long), pitched out tents, and made a game plan for the morning. After a quick dinner we hopped into bed. What a day! Molly

Day 2

After a breakfast of oatmeal, we cleaned our dishes and set off. Paddling was easy until the wind picked up quite a bit. We pulled over for a while to

eat lunch. When the wind, died down we set out for more paddling. We got to the campsite we had planned on staying at and realized we had so much energy and motivation we were going to try to go further and catch up on our schedule! So off we set again. When we finally decided that it was time to stop. We spotted a campsite on the map and shot for it. When we arrived we were greeted by Kieve. North Cunningham was staying next to us for the night and they helped us pull up our canoes and tents, because they said that rain was suppose to hit. We did skits with the guys, and all gathered around the campfire and ate a delicious dinner of Gado- Gado. Then we settled in for a well-deserved night of sleep! Kayln

Day 3

After a meal choice of eggs and bacon or oatmeal, we set off to the mouth of the St. Croix. We had high expectations for the day with a highly motivated group of enthusiastic girls! The wind was very low and the paddling was easy. We stopped at Indian Point for lunch and headed towards Vanceboro. At Vanceboro, we realized we had paddled about 11 miles and we needed a break. Since we were already a day behind and the portage was about two miles, our counselors gave us a 4th of July treat. They used Kieve's advice and got someone who would drive our canoes down the portage trail. Kieve had given us a phone number of the service they used so it worked out great. While we waited for the trailer that was going to pull the canoes and gear we had a mid-day snack of ice cream. After a little more paddling, we got to our campsite. We were totally caught up! YAYYY!!!! We ate some pasta and fell asleep to the sound of the rapids. Lizzie

Day 4

Today we woke up fully energized and to a beautiful view. We had a great breakfast of eggs, bacon, and bagels. We took our time getting ready and decided to ship-out at 10am. Then we started our day at the beautiful rapids. We paddled and maneuvered our way through miles and miles or white caps and rapids. After a lot of excitement, yet still getting stuck on rocks we realized it was lunch time and we were at the place we were supposed to camp for the night. We decided as a group to press on. We saw more amazing rapids. When we realized we had competition for our campsites, we paddled hard and claimed our spot. We had a great dinner, again, and watched the sunset and enjoyed s'mores. We ended the night with high-low-highs, a Wavus tripping tradition, and tucked it.

Caroline

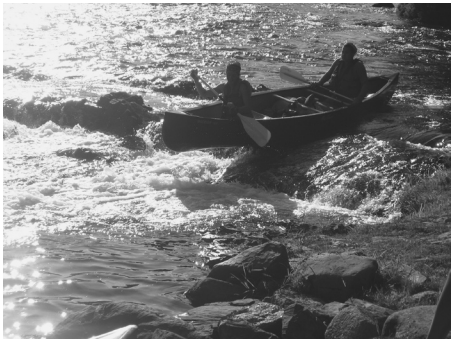
Day 5

We woke up at about 8:30 am and packed our bags and tents before having a fulfilling breakfast of hash browns, bacon and yogurt. We shoved off, for a laid back day of paddling. By lunch we were at our campsite so we set up our tents and had lunch. We all swam, talked, and just relaxed until dinner. We even saw a huge snapping turtle. Our dinner was Cous Cous and it was amazing. We had mashed potatoes and after dinner we talked and took another short swim and got ready for an early bed, because we had to wake up early for our last day of paddling before hiking. Andrea

Day 6

After being woken up by "Omaha, time to get up and get going," we quickly packed out canoes and charged into the fog. The fog was pretty thick but we could all see each other so we






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knew it was safe to get started with our day. We had heard it would take about an hour to an hour and a half of hard paddling so we were ready. After about an hour we arrived at the pull-out landing. When approaching the pull-out, we noticed there was a huge hilltop before getting to the road. The chanting from our fellow bunk mates "1, 2, 3 pull!!!!" motivated us to the top, along with the team work. The energy from our 6am PB and J English muffins was almost gone. We were pleasantly surprised when the counselors asked us to get out the stove and spatula. So we were refueled with the famous cook's Malory's M&M pancakes. The driver arrived and Ashley, Alina, and Malory loaded the canoes, with only a little struggling. After a tedious car ride we arrived at our new home for the week and we were greeted by Sigrid the Great who delivered our resupply food and mail J. After settling down on our very spacious campsites we enjoyed a delicious dinner of hamburgers and veggie dogs. Goodnight to new adventures ahead. Kana

Day 7

Since this was our first full day in Acadia, and we were still tired from our canoeing, we decided it would be nice to have a rest day. After a peaceful morning, we took a trip to Bar Harbor. We stopped in a couple visitor centers, and went for a lovely walk along the shore on a great ocean side trail known as the Bar Harbor shore trail. We got to observe many whale watching boats, sailboats, and other groups headed out for a beautiful day on the water. After seeing the beautiful beach scenic tour, we decided that the beach sounded like a wonderful idea. The counselors knew of one very close to our campsite so we spent the rest of the afternoon at the beach. Dinner was delicious, as always, and we tucked in early so that we could get up super early to make it to the top of Cadillac Mountain to see the sunrise. What a fabulous rest day. Molly

Day 8

We awoke at 3 am to head out to see the sunrise on the top of Cadillac Mountain. It was a sunny day so the sunrise was beautiful. It was the most spectacular thing in the world. After the sunrise we set off for our day planned full of fun activities. While driving to our next location, we all fell asleep. Once we arrived we had a delicious breakfast of homemade pumpkin bread, eggs and bacon, and yogurt. After that, we took off on the Bass Harbor Lighthouse trail, then the Ship Harbor trail, and then on the Wonderland trail. They were all great hikes and just what we needed! After being on water for 6 days it was great to feel solid ground under us. After our busy week and exhausting, yet productive morning, we needed just a little down time. We returned to the campsite for a little rest time. We had a great dinner and made some delicious s'mores! It was a great way to end our day! Lindy

Day 9

After having a hardy breakfast of eggs and bacon for most of the trip we were pleasantly surprised by S&M pancakes. We all loaded into the van and drove into Acadia National Park. Then we hiked up the Gorham Mountain trail. It was a great place to see views of Acadia and the ocean. There were blueberries all over the trail. After hiking the trail we headed down to a nearby swim location. We saw sand!!!!! It was great. A sandy beach located at the base of several

mountains. Beautiful! The water was so cold but we were distracted from the cold because it was so much fun. After a couple great hours in the ocean we headed back for the night. Katie

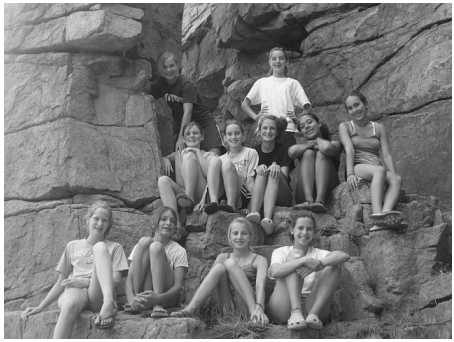
Day 10

What a great breakfast; eggs, bacon, granola, yogurt, and dried fruit. We spent some time exploring our amazing campsite and had lunch and headed out. We went to be tourists again. We had so many great things we wanted to see. "The Cathedral" was the best! It is a huge rock formation that is free standing about 20 feet high. We played red light, green light with the counselors and had some other great photo opportunities. For dinner we had grilled ham and cheese sandwiches and veggie pilaf. We were still hungry so the counselors made us some red beans and rice. We settled down in out sleeping bags outside under the stars. We told stories until we feel asleep. What a great trip to Acadia. Charlie

Day 11

Today was the day! We were returning to camp. We were so excited that we had such a great trip but we were also so excited to see the other cabins and see how their trips went. We did some last minute packing and had a breakfast S&M pancakes, yogurt, and granola (our favorite). We loaded up and headed out for the drive back. On the way home we slept, sang many camp songs, and just entertained ourselves. We had a great trip. We arrived back in Damariscotta at 11:32 am! Round-Top Ice Cream had just opened at 11:30, so we made PERFECT timing. We all got some ice cream and sat outside and enjoyed it. On our way back to Wavus the counselors wanted to make sure that we were fully fueled and energized for the trip clean up so we stopped one last time and enjoyed Romeo's Pizza for lunch. We arrived back at camp and got warmly welcomed by everyone. We had an amazing trip all together.

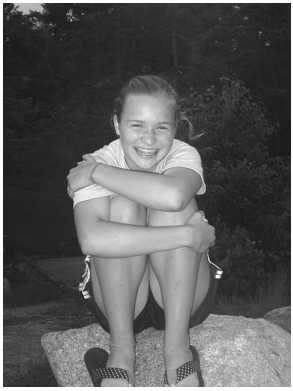
Lilly

















Ojibway "Fire Keepers" Cabin

HBC: Sam Clews
JC: Alexa Comstock
JC: Sewell Robinson



Bigelow Mts/At Sea 7/2 – 7/13
Day 1

We left camp by 10:30 am for the Appalachian Trail. After a two hour drive to the AT, we started hiking. About halfway in, we stopped to eat lunch. We had PB and J's on pita bread and apples. We arrived at the Carry Pond Lean-to at around 5:30 pm. Some went swimming in the frigid water while others stayed at the campsite to help with dinner and tents. For the rest of the night we sat around the fire and then went to sleep in the lean-to. After dinner we then realized that we had no iodine or cooking oil. Now we would really have to dig down and be a creative team, better than we had thought! But luckily we met some very nice hikers from North Carolina that were hiking the whole AT, and they gave us iodine and water filters which were greatly appreciated.

Day 2

We left our campsite at 9:30 am, but were not far into our hike for the day when Avery sprained her ankle. We splinted it and she was able to walk up

the trail to meet the rest of the group, but her injury still delayed few of us. We called the camp during the lunch break, while we ate salami and cheese sandwiches on pita, and arranged for Avery to be picked up, checked out and brought back to camp. We left lunch and shortly arrived at a road, where Sam and Avery were to wait for the van to arrive. Meanwhile the rest of the gang hiked continued hiking. We did not quite find our original campsite as planned, but found a site suitable and pitched our tents ending up comfortable just the same. Today was also Catie's birthday!

Day 3

Today we left camp at 11:00 am, to hike Little Bigelow. The hike was mostly uphill, with many steep rocks to climb. We had lunch at a viewpoint after successfully completing "99 bottles of sprite on the wall." We soon got to the summit where the weather was quite stormy. It started to rain a bit and got very windy, so we were soon on our way to Safford Notch campsite. That night we had pasta for dinner and brownies (sort of) for dessert. We got to bed early, for we had quite a long day tomorrow.

Day 4

We woke up early with the sun to a breakfast of warm oatmeal. Then we started off to what was anticipated to be a difficult hike that we weren't sure we could finish. We had a backup plan ready, but we were determined to finish it on schedule. It turned out to be a really scenic hike, up to the summit of Avery Mountain (wishing Avery could have been here to enjoy Avery Mt top!), up to another peak, and down to our campsite. We stopped for lunch on Avery Peak, where we enjoyed beautiful views, including Sugarloaf Mountain, where some of us ski or board in the winter! Then we continued past our backup destination to the planned campsite, Horns Pond Campsite, bringing our trip back on schedule. We all felt accomplished and enjoyed the hike!

Day Five 5

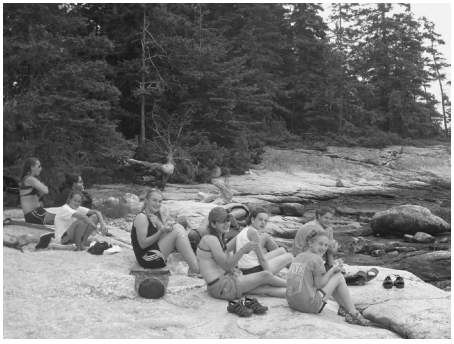
Today we took the day off to rest. It was a nice break not to have to carry our homes on our backs (much like a turtle…although I do not think turtles take their shells off to rest!) and stayed at Horns Pond. It was really fun. We went swimming in a really pretty pond. Some of us found a path to a big rock on the other side of the pond that we could jump off of. Very cool! Today was a relaxing day and it was nice to rest after all the hiking we'd been doing.

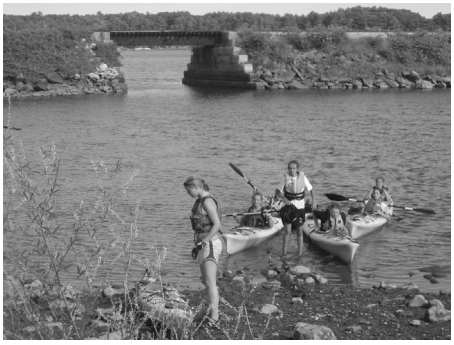
Day 6

Today we anticipated a much longer, harder hike than we actually had to hike. We woke up at 8 am headed on the trail by 10 am and arrived at our campsite at noon. We were fit! There we had lunch and swam in the stream. Then we settled down for an afternoon of relaxation- napping, playing cards, or reading- until dinner. A resourceful group of our campers cooked pizza for dinner, using the grease from the pepperoni as a substitute for olive oil! Then, since the campground prohibited fires, we ate raw s'mores that were not so bad, called it a day and went to bed.

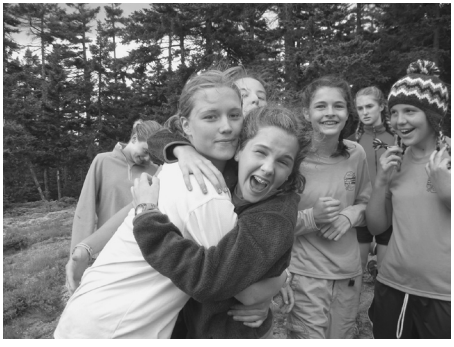
Day 7

Today we woke up early to get hiking because we needed to be at the pick-up area on time. We hiked thru to Stratton Brook Pond Road and waited for the van to arrive. Once it got there, we had pizza, Oreos, soda, chips, and brownies. Ahhh returning to the flavors of processed foods! We were VERY full, but satisfied at the same







time. Once we had all of our stuff ready to go, we switched out with the Osage cabin, wishing them well and giving them details we thought would be important for their hike. Lindsey drove us to the ocean Bremen landing, where we would spend the night. By the end of the day everyone was pretty tired and really full. Excited for kayaking, we all went to bed a bit early.

Day 8

Avery joined us! Disappointed, we couldn't leave Bremen at the time we wanted to because fog rolled in. We finally launched around 1:30 pm from the Bremen shores. Salty air, cold ocean waters and a whole new world to explore by boat! A welcomed change after incredible hiking, views and carrying the 'house' on the back! We paddled south to Thief Island and stayed the night. For dinner, we had hamburgers, which were VERY good. Then, for dessert, we had roasted s'mores. Tomorrow, we are going to the beach for lunch. Today was really fun! Betsy

Day 9

Today we slept in and rolled out of our tents surrounded by the ocean. Afterwards, we ate breakfast looking out over the waters. In the afternoon we had the option to stay or paddle to the beach. Some of us stayed at Thief and others headed to the beach. It was really fun. We swam at the beach and enjoyed a lunch. When we reunited back at Thief, we told each other our adventures of the day. For dinner we ate falafel and banana bread. Shortly after lunch as we were planning our day it began to rain. We got in our tents, talked and waited out for the rain to stop. Avery and Sydney

Day 10

We woke up 7:00-7:30 am and had oatmeal for breakfast. We didn't delay because we all wanted to get to Bremen before lunch. We arrived at Bremen and ate Salami and cheese wraps for lunch. We started to kayak to Round Pond Harbor in search of the Granite Hall ice cream shop. At mid point some paddlers decided the paddle was not worth the venture for ice cream and returned to Bremen. But not the others! Ice cream here we come! That evening we dined on pasta for dinner with apple crumble for desert. We enjoyed our day and thank Wavus for setting this trip up! Sydney and Avery

Day 11

Set out at about 9:30 am with excitement as this morning we would be working on a community service project. The direction to the island was vague and no one seemed quite sure nautically where the exact location was. So we searched in vain, paddling three and a half hours for an island with "red flags" that did not exist! After that there was only one thing to do, eat lunch! We pulled up our kayaks on Crow Island and enjoyed a nice picnic lunch. We took the rest of the afternoon off while others paddled three miles south back to Granite Hall ice cream shop. Although the morning was frustrating the day turned in to w well worth adventure! Dora and Eliza

Day 12

We woke up at about 7:30 am today to prepare for our return journey back via van transport. We packed all of our gear into the dry bags and from there into the van. With the kayaks on a trailer, we drove to the center of Damariscotta with a quick stop at Dunkin' Donuts. At the Damariscotta River boat launch, we unloaded the kayaks and began our paddle up river towards the estuary and lake, towards















the portage we would have to do later that day, but only about two minutes into the paddle, we realized that not only were we paddling into the current, but the current was strong. A particularly difficult area of rapids sent us back to the parking lot where we had been dropped off for a break and lunch. We wisely decided to wait for the tide to change so that the current would be flowing with us, not against us. We tried again around 4:00 pm and successfully made it to our portage spot, where we completed the portage, also successfully. Then, after a quick dip in Damariscotta Lake, we paddled to the Fennimore's property, where we would spend the night at the lake shoreline. We all opted to sleep under the stars, despite the uninvited mosquitoes! Tatiana

Day 13

This morning everyone woke up at 5:00 am to watch the sun rise over the still quiet waters. It was nice. We began to get everything ready to go and were all acting fidgety mostly due to the nasty bug bites or maybe it was the trip was truly coming to an end and our adventure together would be a only a memory. We left the campsite at 6:00 am and paddled nonstop with a tail wind helping us along. We arrived at the cove of Wavus at 7:00 am and hauled all the kayaks up out of the water and unloaded them. We then split into groups to finish the final cleaning of all the equipment. Our trip was probably the most fun but challenging trips any of us campers have ever been on. We had a great time on this trip and we are all really happy we got to do it! Betsy

Beach Day 7/17

Today the Ojibway cabin, along with the Osage group, took a trip to Popham Beach a quick hour and a half drive. Together we entertained ourselves with music, singing, dancing, laughing and having fun. All eleven girls had a great time relaxing on the beach after having recently returned from a challenging fourteen-day trip on the Bigelow Mountain range and sea kayaking in Muscongus Bay. The girls were then rewarded with Round Top ice cream on the ride back to camp. It was a beautiful day filled with joy and laughter, not unlike every other day at Wavus!

Osage "The Wise" Cabin

HBC: Mary Anna Lynch
JC: Issie Comstock
JC: TJ Parker

At Sea/Bigelow's 7/2 – 7/13

After a breakfast of muffins and eggs we left Wavus in our Kayaks at 9 am, it was a bright and sunny day and we paddled south on Damariscotta Lake to Kieve in high spirits. There, we stopped for lunch at a small dock. We paddled all the way down, approximately 13 miles of the lake. Along the way, Lydia Sykes made friends with many passers-by. Then, around 3:30, we passed under the New Castle/Damariscotta bridge and portaged ¼ of a mile (down hill) and set course on the ocean waters. We experienced lake to brackish to salt waters …very cool! After a short snack stop (GORP and granola pars, we started to paddle into the town of Damariscotta. Before we entered we had to pass through a couple of rapids and reverse rapids. The last rapid was under the town bridge. Once under the bridge we paddled into a marina, our destination. While trying to pass through, Cate and Lydia got

sandwiched between a bridge column and a rock, and capsized. Luckily, they got to practice their wet exits, and safely we all arrived to the dock to wait for the van. The van came at 6:30 pm and drove us to Bremen. After a long paddle we were ready to go to bed so we dined on chicken and then said good night to our first day of the trip.

Daly

Day 2

We woke up today and were eager to paddle again. Although we were tired from our long paddle across Damariscotta Lake, and into town on the Damariscotta River, we put on a happy face and carried our kayaks a short walk to the ocean's edge. No one complained, even though the fog was starting to roll in. With our kayaks in the water, and everyone in good spirits, we were off. Hog Island was always in our sight. As we paddled around the Audubon owned Island we were on the lookout for our next camp site. A while later we came across what seemed to be a comfortable area to pitch our tents. We pulled our kayaks out of the water and started to explore. What looked to be tent platforms turned out to be drift wood, won't make that error again! After some more exploring we decided to continue to paddle. We later found the campsite just in time for a lunch of jelly sandwiches. The campsite was in good condition so we set up camp and walked along the beach. Later that night we made a meal of tomato soup and grilled cheese. Towards the tale end of daylight we crawled into our sleeping bags and said goodnight to a great second day of our trip. Drew

Day 3

It is our 2nd day at Hog Island, which has a very nice campsite. We ate cereal and powdered milk! After a delicious breakfast we brought our kayaks down to the water and started paddling to an island called Thief Island. The paddle seemed easy until we saw that we had to cross a huge area of open, WAVY, water. Everyone was sure that the kayaks would tip in the crashing waves but we made it there safely. We put our wet clothes in the sun and made salami and cheese sandwiches. We all cracked open our books and lay out on the rocks for a few hours. Some of us explored the island, while others continued to read. We then got back into our kayaks and paddled across the wavy area of water. Many kayaks appeared like they would nearly tipped, despite that we kept smiles on our faces the whole time no matter how wet or scared we were. Back at the camp site safely and feeling like accomplished paddlers we cooked yummy Mac 'n cheese and scrambled brownies. Food sure tastes good out in the open ocean air.

After dinner we looked out at the ocean, listened to the sounds and tucked into bed after a great day at sea, sleeping under the Muscongus Bay stars. Zeeza

Day 4

We woke up today and made preparations for packing out after breakfast. Our last meal at Hog Island was grape nuts and powdered milk. With kayaks packed we paddled to Crow Island and set up camp followed by a 15 minute paddle back to the mainland, at Bremen where we met up with the Kieve boys. We had jelly tortillas for lunch, jumped off the dock and swam in the water for most of the day. It was relaxing and fun. We paddled back to Crow Island for supper and helped prepare marinara pesto pasta. After dinner and clean up we returned to Bremen for a fire and



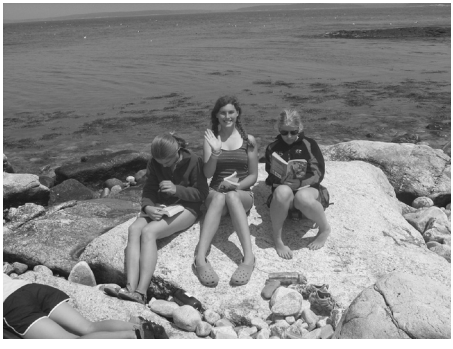














roasted s'mores with North Townsend. Before sunset we headed back to Crow Island and watched the fireworks out on the rocks. It was a great 4th of July. Lindsay

Day 5

Today, the ladies of Osage woke up to a beautiful day and some much unexpected news. As we were enjoying a delicious breakfast on the rocks at Crow Island we were informed by a passing lobsterman that a double yellow kayak identical to ours had been found that morning floating down the bay and he set at in the Round Pond Harbor! After the count, it seemed like it could be our kayak. A bit puzzled for we were certain that we had pulled up all the kayaks above the high tide line. The full moon pull was playing tricks on us! Mary Anna set out, and a short time later returned with our kayak in tow! With our counselors' directions we all jumped in our kayaks as Mary Anna led us to the Round Pond Harbor. It was a beautiful paddle near Hog & Loud's Islands. The trip was about 5.5 miles there and back but well worth it! As a reward for our patience and strength we docked our boats at the harbor and enjoyed a lunch of salami and cheese in this quaint place and loved the short walk to the Granite Hall Store for a tasty treat of Gifford's Ice Cream. We enjoyed the paddle back to Crow Island and decided we wanted to go for a swim at our Bremen beach. To our dismay by the time we reached Bremen, the fog rolled in and it became cold and grey so we didn't end up swimming and we paddled back to the island and enjoyed a dinner of macaroni and cheese. Once again under the night stars …..Good Night Osage!



Ellie

Day 6

Today we awoke at Crow Island. We started our day with a breakfast of m & m pancakes. Then we started to pack up our tents and put all the supplies in the kayaks. While we were packing up we could see that the fog was rolling in rather quickly. By the time we were ready to leave we looked out at the ocean and could not see anything because the fog was so heavy and had blanketed itself in all directions. Of course we had to wait, wait and wait. A lesson in patience for sure! Finally the fog cleared and we were able to safely return to Bremen. Once we arrived at Bremen we ate jelly tortillas. Yum! …Not. All of the girls were really tired so Mary Anna (the best counselor in the world) let us have a rest hour to sleep and read for about 4 hours.

Then all of us were really hungry so Lindsay and Zeeza made us delicious hash browns that Kieve had given us. After that we all took freezing cold showers with the hose and used camp suds that Ellie brought. A couple of hours later we started to make dinner, which some thought was a catastrophe but others remained positive and managed to salvage our last dinner meal. This being our last night and all were limited to couscous and rice. So we started with the couscous and that went okay but it tasted really plain and could have used some spice or something. Being hungry we ate it and used our imaginations. Next we began to prepare the rice. Accidentally it spilled and all the rice was lost. Our counselors provided first aid for Ellie and Lindsay as they accidentally burned themselves. Not what you would call a smooth evening. After clean up, we got ready for bed and 15 minutes later we were all asleep. Mele

Day 7

Today we would leave Bremen and kayaking, begin our first day of hiking, and celebrate Drew 's fourteenth birthday. The white van picked us up in the morning and drove us to where we would start hiking. Breakfast was at a nearby Dunkin Donuts in the van style. On route we stopped in a market and picked up some pizza at Pizza Hut to be eaten later when we arrived to our hike trail. The pizza smell in the van was tempting…just a little taste test, please! Once at the trail head we were greeted by Ojibway. Together we ate pizza (cheese and pepperoni) and drank sprite and coke, a real treat! We were surprised with birthday brownies for Drew's celebration. Sea legs gone and into our hiking boots we started our hike up the Bigelow Mountain. It was challenging. On our way we met a crazy lady, her husband, and her dog. We thankfully arrived to the campsite and were very pleased to see how nice it was. They had a caretaker that was evaluating us (she took her job very seriously). That night the cooking group spilt the preparations for linguini pasta which (somehow) made it even buggier than it already was. I think it's safe to say that bugs are attracted to our cooking! Later we played games and card games with a group of boys from another camp. At sunset we said good night to the others and retrieved to our humble (bug free) tents and went to bed. Happy Birthday Drew! Cate

Day 8

The hike over West Peak was enjoyable. What felt like an endless journey we finally made it to the campsite…It was extremely bug filled, but we had fun just the same. We are good at keeping a positive a spirit despite not so favorable conditions. Really good pasta for supper was perfect after a long day of hiking. In reflecting, the weather was perfect, sunny, not humid and not too hot. The hike was beautiful every step of the way. The water supply was small. So we had to keep mindful to hydrate well and not waste water. It was a good distance walk to get to the small spring which had two filters (not to mention the back up polar pure we tagged along) to fill our water bottles. It is fair to mention that there wasn't much of an out house, but we made do. We are adventurous and tough! Over all it was a great day, the hike was nice, the campsite was pretty, and we had enough food. Life is good. Libby

Day 9

We woke up day nine at Avery Memorial Campsite. Although the campsite was a little deserted, we all slept through the night, and woke up refreshed, and ready for a long day of hiking. This morning we had one of our more memorable breakfasts, bagels and cream cheese. We had all hoped for butter, but it didn't survive the trip. We are learning that food and tripping are a fine balance! Since we were in the minority of the attacking flies and mosquitoes, we packed up, filled out water bottles, and added iodine, and headed out. Today's hike was 7.2 miles, so we all physically and mentally prepared ourselves to hike a long time with what seemed to feel like a million pound packs. We got on the trail and about an hour into it we made it to the top of Avery Peak. Nice surprise! We were all rewarded with a beautiful view…and some snickers! (Thanks to Mary-Anna) About two hours later we stopped at a campsite and had hummus and tortillas. We














WEST PEAK



decided not to stay there and kept hiking to the next site. We hiked for an hour and then it started to down pour! Take each moment as they come! We hiked through the rain, and made it to the top of little Bigelow, but hurried quickly over to prevent exposure in the in the lighting storm.

Everything was very slippery and Mary Anna warned us to be careful, but one fellow camper didn't quite get the message, and went tumbling down a hill. She was fine, but her pride was a little bruised. We hiked down rocks and boulders for what seemed like hours…and it probably was, until we finally made it to the Little Bigelow lean to, just in time for it to start poring rain again. That night we met another hiker and welcomed the hiker to join us for dinner. We had yummy mac and cheese, and then squished all thirteen of us unto the eight person lean to. It was an interesting sleep, but we were all really tired from our long day, and the lean-to was dry and in the end it didn't matter. Tiredness took us fast asleep. Lydia

Day 10

We survived the close quarters in the lean-to and woke up rested. Today we had cereal and milk for breakfast. It was rather hot and already everybody was sweating. Despite the weather conditions our pace did not skip a beat. We managed amazing time and we had already hiked around five miles before lunch. We always look forward to what we will eat for a meal…lunch consisted of salami, cheese, and pitas…. Yummy!! We got to West Carry pond at around 3:45 pm. Most of us enjoyed a dip into the water to clean off today's sweat and grime. It was very refreshing and the water was surprisingly warm. The camp site again was really nice! For dinner the cooking crew served up tortillas and humus. After that we just hung out, talked, and then went to bed before sunset, around 7 PM. Bedtime and waking time are so different out in the wilderness.

Day 11

There is sweetness for hard work! Rest Day!!! Today we got to sleep in and hang out around West Carry Pond all day. For lunch we made a campfire at the lean-to and had made s'mores. It was nice to stay put for a day with no back packs! We got to chat with some nice through-hikers who were in and out of the lean-to all afternoon. Everybody enjoyed swimming in the pond, reading and relaxing all day. The pace was nice for a change.

Day 12

We woke up this morning and enjoyed a breakfast of pancakes and headed out on the trail. We took our time walking today as the distance was much shorter to the next campsite than the past days. We only had to cover a few miles. After an hour long lunch break, we finished the short trek and happily arrived to East Carry Pond, where we were camping for the night.

Day 13

It's the last day!!! Today we wanted to get an early start so we ate granola bars for breakfast. We packed up and were walking by 7 am. We walked three miles in an hour and a half. That is pretty good hoofing! We got to the road two hours earlier before the pick up, and enjoyed the down time, playing cards, reading books, and just chilling. By then I was very hungry because I had eaten my bar last night because I was so hungry. When it came time for us to be picked up, we were all very hungry!! Once the van arrived and

we announced that we were great but needed to 'fuel the mule' we stopped at a subway for breakfast!! It was delicious!

It will be nice returning to Wavus with a satisfied stomach and happy memories! Cassie







Allagash~Buff "Cabin by the Water" Cabin

HBC: Leah Agren
JC: Mya Steadman, Marae Lindsey

Allagash 6/30-7/12
Day 1

Today after many setbacks we finally set off for the Allagash! We woke up early for a hurried breakfast of honey nut cheerios, honey bunches of oats, and apple juice. "The One" (Tom) drove us up to Hannibal's for our put in. We listened to our cabin cds and lots of shaggy. Graciously "The One" got many doughnut holes for us at Dunkin doughnuts!!! We then unloaded our canoes and paddled to our first campsite. Because the current was moving so quickly we rafted up and floated most of the way there! Surprisingly we found we'd finished the three hour paddle in two hours just floating along! All life should be so easy! We unpacked our packs and set up tents. After that we went and checked out the campsite across the stream from us. Retiring to our tents we changed into our camp cloths. We all scarfed down a mega dinner/lunch of peanut butter and banana on pita bread. Finally Belinda's gash group showed up and camped across from us. Charlotte, Marissa, Dylan and I went to bed early. Bee

Day 2

Today we awoke around five thirty am. We packed up ate a quick breakfast of well done bacon and eggs. The river water was glassy and calm. After paddling for only fifteen minutes we saw our first moose! Unfortunately Adrian, my paddling partner, screamed MOOSE MOOSE! And that made him run away! Hopefully the nature lesson has been learned! Two hours

of paddling later we came out onto a lake with a store that sold root beer and fudge! Amazing out here where the moose do roam! The little camp was so adorable! We sat at a picnic table and looked at the beautiful flowers growing all around the store. We put ice cream and root beer together making a deeeeeeeeeelicious float! I love wilderness tripping! After the treats we attempted to cross the lake with winds picking up out of the south west. Adrian & I, Charlotte & Sara, and Leah's Canoe were in the lead. We used crazy creeks to sail along a little quicker. Suddenly we heard some screams. We all turned to see that one canoe had flipped! Laura and Marissa's canoe had capsized. Thumbs up they were fine. We all rafted up laughing and trying not to tip over ourselves. It got so windy we decided to pull up to shore and hang out in the reeds. It took Leah and Molly's boat to do a Rescue and get Laura and Marissa to safety. Three hours later we got to take a break, eat some lunch, and then attempt our first portage. In no time at all we got to our campsite at the beginning of our grueling mud pond portage trail. Bee

Day 3

This morning we work up to flies buzzing around outside our tent. The Allagash boys decided to hang with us today, and another Kieve group joined us as well. We had fun chilling. For breakfast we had yummy eggs and bacon and at lunch the Kieve boys went and got our resupply which was awesome! The day was sunny and quiet despite a day of full socializing. After lunch our counselor Marae and Kieve counselor Charlie Harding sung songs for us and they played guitar! Our own personal wilderness concert! They played songs including









"New Soul" which was number one on iTunes for a while which is surprising because usually Brittany Spears holds that spot. The rest of the afternoon we relaxed and read. Dinner consisted of homemade quesadillas made by Laura and Molly….awesome! As the day light shortened we all enjoyed sitting on a pristine beach looking out over still waters in the company of my cabin mates and Kieve brothers. Over all a great day! Happy fourth! Or as the Kieve boys having been calling it America Day! Poppy

Day 4

Got to wake up late today! We called it 'rest day' at Gravel Beach. Long Voyage from Kieve left early this morning. We got to have soda from the resupply treat selection. A nice treat when we know they have thought of what would be really cool out here in the wilderness for us. Thank you resupply persons. We hung out and relaxed a lot on the point. The counselors sang and played some more guitar music. Two gash girl cabins and one new gash boys group. We are seeing the most beautiful sunsets here on gravel beach. We can understand why folks are not in a hurry to pack and leave.

Day 5

We woke up at five am and in record time packed all of our gear. Bagels and cream cheese for breakfast made us paddle fast! We portaged around Lock Dam and said goodbye to Chamberlain Lake, with its nice rangers, rest days, resupplys etc.. Up Eagle Lake we paddled coming to our final destination. This was the first time we paddled without talking. Ziegler was a gorgeous site! We spent the remainder of the day sunning ourselves, swimming, and playing pirates of the Caribbean on an overturned canoe! Play is a great reward after paddling! No major problems. Long but great day!

Day 6

Another early morning, rising with the sun, not something I do at home! Days are flying by out on the Allagash. We're almost done Lake paddling. Just before Johns Bridge, Ranger Jolly and Ranger Pat showed up and they gave us candy and wished us luck for the remainder of our trip. I think they liked us and were proud of our group of girls on the gash!

Day 7

Marissa's Birthdaaaaaay! The girls of Allagash~ Buff woke up knowing today would be a very special day. It was Marissa's fifteenth birthday! After a delicious breakfast of eggs and bacon cooked by Bee and Laura, who had gained a reputation for being wonderful cooks! We then set out on the water. We camped at Jaws and got to see our ranger pals AGAIN! We arrived at our campsite around nine thirty am. What can we say? I guess we're just speedy paddlers. Salami sandwiches for lunch again today. I wonder what Leah thinks of us? Happy Birthday Marissa!

Day 8

When we got up at seven am we quickly packed up our stuff and had my favorite breakfast: Yogurt w/ granola. MMM! We got in our canoes taking a little paddle to chase rapids in the early morning gray sky. When we arrived at the dam we pulled up onto the left side and unpacked all our cargo into a ranger's truck. He greeted us with a female ranger and they told us about the flow: High water! Go center left and then right for the drops- Easy enough directions for a set of extreme

rapids. Campers wrote there directions on there hands in order to make it through unscathed. We moved our canoes to the other side of the dam nervously awaiting the obstacles. We had to give space between boats and sooner than I wanted I was headed into a rapid twist with lots of rocks. Marae and Marissa were the only canoe that capsized, and Poppy and I (Rose) got stuck on a rock the longest. After the rapids we continued with our stuff to long lake were we paddled about half way up the lake and saw a little bridge we had to pass under. We stopped for lunch. It was English muffins with either strawberry jam or turkey/salami and cheese. We had to hurry after lunch in order to beat the fast approaching thunderstorm. We made it in just enough time to get our tents set up. After the storm we hunkered down and waited it out in our tents. Over all an amazing day of tripping!

Day 9

After all that paddling we had done in the last few days we were ready for those silly lakes to be put behind us! We paddled round pond and camped at inlet. Belin and Ellen's gash group camped across the lake from us. This campsite is gorgeous! We saw tons more moose really up close and personal.

Day 10

ALLAGASH FAAAAAAAAALLS!

Ahh! Many of the girls kept jumping off a designated rock near the falls into the whirling water. We saw the Kieve boys again but not our favorite long voyage friends. The campsite is buggy and not as good as others but the falls are gorgeous! We are all so sad to leave the trip! Leah, Marae, Ellen, and Belin jumped off the rock for a big counselor jump. Meals have been bigger lately because Leah is not so worried anymore. We are nearing the end… Depressing! Oh well treats tomorrow in Allagash village!

Day 11

Allagash village isn't all that populated. We met resident Evelyn McBriety. We stayed on her property and listened to her tails of the Allagash wilderness waterway that we had just completed. Tomorrow is the St. John River to Pelletier's Campground. Hot buggy muggy and SAD! Leah and Marae bought us Gatorade and chips at the store. They also bought us fudge striped cookies that we had been talking about having for the past few days. It is really true, food tastes so much better when you are living outdoors and sleeping under the stars.

Day 12

We arrive at Pelletier's, a private campground. We have been bored in the rain and drifted nearly all the way here. Mya and Polly came to pick us up. IT WAS SOOOOOOO GOOD TO SEE MYA AGAIN! After they picked us up we headed to the Penobscot Outdoor Center in Millinocket. We got lost and by the time we arrived to the camp site, had to set up our tents in the rain. Not so much fun to be setting up tents in the rain, but our schedule for the next day included rafting on the Penobscot! We are all sooooooooo excited!

Day 13

Started out rushing through a class 5 rapid and us Allagash gals handled it smoothly a well as the falls and all the other rapids. The river itself gave way to insane rushing waters, fall drops, and quiet paddling. It was exhilarating, fun to be a team in the same raft and feel good about our paddling skills while we let the guide instruct us. Easy peasey! We rafted along the beautiful

Penobscot with the Long Voyage raft and a counselor raft. It was fun to watch each other's boat master…or not…the tougher rapids. Midday we enjoyed a delicious river lunch cooked by our raft guides. It seemed like a perfect amount of time to spend on the river once we reached the take out. Back in the van with our gear, dinner at McDonald's and on the road back to Wav. Wow… what a journey!



Allagash~Green "Cabin by the Water" Cabin

HBC: Belin McGehee
JC: Ellen Perkins

Snowgoose 6/28

Both AllagashEs and Iroquois all went on the Snowgoose together. We got on the boat and were welcomed by Captain Mike, Luna the lab and his crew. We quickly settled ourselves in a comfy spot and enjoyed the relaxing cruise. Some of us read magazines and chatted while others took in the scenery. It was really nice to just sit and let Captain Mike boat us around the ocean waters. We saw really cute harbor seals and ate delicious bars for a snack. Ate lunch at the cove and were not anxious to jump into the frigid ocean waters. There were four brave girls that took the challenge and jumped in with shouts…not sure if they were shouts of fun or the intake of the COLD ocean water. Either way the girls set a new record for laps around the Snowgoose. We cheered them on and were proud of their accomplishment. On the way home we stopped for some Round Top ice cream which was amazing. All in all we had a super great time. Megg

Allagash 7/1 – 7/13

Today waking up at 5:00 am for some of us was a breeze and others…not so much! After everyone finally trudged out of bed, we brushed our teeth and packed up a few miscellaneous belongings. Breakfast was quickly wolfed down as we soon become wide awake and the excitement of our trip and the fourth of July started getting to us. We loaded our last canoes, filled our water bottles and double checked our supplies. Once all our supplies were tightly secured and everyone having said goodbye to the few staff and even fewer campers that were awake. Finally, we were off on the road. We all listened to our mix CD and talked amongst ourselves. Gradually we became more



quiet or slept, read or wrote letters. After an hour or so, we took a rest stop for the bathroom, letters or stretching. We continued on for a few hours with a few stops for directions, fixing the canoes, and finally checking in. Once we actually got to the drop off point we quickly unloaded our belongings and lathered on the sunscreen like there was no tomorrow! No one wanted to portage with sunburned shoulders. After the sunscreen dried, we loaded the canoes, and gave one final farewell to our last tie to Wavus. We pushed the canoes down into the water. Our trip had finally begun. As the duff, I was in charge of directions, pictures and cleaning up dinner, I took a lot of photos of my fellow cabin mates. We rafted up many time, and once even tried to sail with a tarp we brought. It was so fun! Once we finally reached our destination, we set up camp, ate dinner and played card games. It was so much fun. The start to our trip could not have been better! Grace

Day 2

Today we woke up to the sound of Ellen's beautiful voice. After a hearty breakfast of eggs we set off canoeing. After a few hours a paddling we arrived at Chesuncook Village where we stopped for some root beer and fudge, which really hit the spot. We continued on because clouds were moving in and we wanted to get to our campsite before it started to rain. Unfortunately, a few minutes later it started to rain so we all put on our rain jackets and continued paddling. We stopped for lunch along the way and arrived to our campsite a little while later. We set up our tents and ate a delicious dinner of cheesy pasta which is a cabin favorite. After dinner, we all got ready for bed because we knew we had a long day ahead of us. Chelsea

Day 3

We woke up six a.m. and had a hearty breakfast of peanut butter and cinnamon raisin bagels. Today was a special day; it was the infamous Mud Pond portage. However, all the girls were in great spirits and could not wait to get started. We started the portage by carrying the gear to the road. We then went back to the camp site to get our canoes. After re-grouping we continued carrying our canoes to the end of the portage. We then made the hike back in the mud and stopped for a snack. Mud Pond portage is a mile in length. We were proud of our cabin's high spirits covering the trail out and back twice! After our snack everyone took their personal gear and one piece of group gear to the end of the portage. We were so relieved to have finished the portage and excited to have lunch, until we tasted it. Turns out English muffins, hummus and cheese is not so appetizing. After about an hour we couldn't stand the bugs anymore so we headed on to our camp site. On the way, we experienced some unexpected rapids, which turned out to be lots of fun. We crossed one more small body of water and pulled up to our camp site, Gravel Beach on Chamberlain Lake. On Gravel beach we arrived to find Allagash Buff and Kieve Long Voyage. Everyone was very excited to see each other and had a great time hanging out. We made a delicious dinner of soup topped off by some scrambled brownies for dessert. After watching a beautiful sunset our campers made their way to bed. Belinda and Ellen

Day 4

Today was our rest day at Gravel beach. We woke up late to a lovely breakfast of M&M pancakes. The day

consisted of relaxing on the beach and swimming. During this lovely rest day our counselor, Belinda, an Allagash Buff's counselor Leah, took a couple of Long Voyage Kieve boys to collect our resupply. Chelsea brought soap which we used to wash in the lake. Zoe, Poppy, and Ellie all caught a fish in the lake with their bare hands while everyone else talked on the beach. The quiet day continued with the arrival of Allagash 3, the Kieve boy's cabin. As the day carried on the resupply group returned and we had a late lunch of bagels with turkey and cheese. The resting and relaxing continued with some guitar playing and singing and a dinner of tortillas. We then finished the evening with the beautiful sunset and early bed for an early rise in the morning. Anna

Day 5

After expecting a 4:30 a.m. wake up call, the Allagash Green girls woke up around 8:30 am questioning why they weren't paddling! We checked in with Belinda and Ellen and learned that we were taking another rest day! We quickly thanked them and Zoë and Ellie decided to make oatmeal for the cabin. After a slight difficulty with the oatmeal, we were eating our very yummy oatmeal topped with brown sugar and raisins. After breakfast we relaxed by the beach reading, warming in the sun and chatting with each other. Later we again enjoyed a delicious lunch of turkey and cheese slices on a bagel. After a quick clean up, we were back on the beach for the afternoon and enjoyed swimming in Chamberlain Lake. We had fun exploring the different areas around Gravel Beach. Later for dinner, Belinda and Ellen made turkey and cheese melts on English muffins. It tasted amazing (even though we practically had the same meal for lunch!) After dinner Belinda and Ellen suddenly appeared with their hands filled with marshmallows, chocolate and graham crackers so we quickly took the offer. Unfortunately, we did not have the time to roast our marshmallows so we had cold s'mores but they still tasted yummy! After a fun-filled day, Belinda and Ellen told us to go to sleep so we said goodnight and went to sleep.

Ellie W.

Day 6

We started our day at 4:45 a.m. and scarfed down bowls of honey bunches of oats. Anna gave everyone a fright as she ran around in search of a missing stuff sack. We set off trailing Allagash~Buff through seemingly endless lakes until we pulled our canoes over a dam. The day continued uneventful until we reached pump handle, after seven hours of canoeing. We ate lunch that consisted of hummus, cheese and bagels. After lunch we had plenty of time to relax at our campsite and gave each other sunscreen tattoos. Around four pm a group of Kieve boys arrived hoping to set camp at our very desirable campsite but Belinda and Ellen politely showed them who was boss and they moved along, to other choice camp sites ahead that they would easily make before dusk. Dinner was grilled cheese and carrots. We attempted cheerleading stunts while simultaneously having one minute medicals and ended our day sitting together on the beach as the sun disappeared beneath the Maine Lake.

Zoë

Day 7

A beautiful July 8th started with a six a.m. wake up call at our beautiful campsite, 'pump handle.' Honey

bunches of oats gave gash green a boost this morning to start a day of canoeing. We canoed out of Eagle Lake which merged into Church Hill Lake. After a few hours of paddling, we came across a bridge halfway through our journey. Because of hot sun, we decided to jump off the bridge and enjoy the cooling waters. After our refreshing jump, we continued our canoeing, only to be stopped by a friendly ranger who offered us yummy jolly ranchers. We arrived at our campsite, only to be greeted by Allagash Buff. The rest of the day consisted of sunbathing, reading relaxing, and swimming. Ranger Pat also paid us a visit which was a pleasant surprise. After a relaxing day in the sun, we ate a filling dinner of cheesy pasta (one of our favorite meals!) We watched the sun set while cleaning up dinner and ended the day with reading together on the beach.

Claire

Day 8

We got a lazy start this morning waking up to rain and hash browns. After a half an hour of calm paddling we reached the ranger site where we loaded our gear into the truck and carried our canoes to the put in at the rapids. The next few hours were filled with lots of deep drops and waves. During the home stretch, Grace and Megg tipped their canoe. Megg floated down through the rest of rapids while Grace swam the capsized canoe to the bank of the river. They were safe and did a terrific job in managing the situation. We picked up our gear from the ranger and kept paddling until lunch, which consisted of peanut butter, honey and tortillas. As we set back out on the river, it began to rain, which quickly turned into thunder and lightening. We pulled off to a nearby campsite, grabbed a thermarest, raincoat and proceeded with standard lightening protocol. We spread out along a road, set down our thermarest and crouched into the fetal position until the worst of the new storm cloud passed. Everyone was humming, praying, bawling and shaking. We may not like a storm but we DO respect it! When the clear was safe we set off again (after Grace used about a weeks worth of questions) until another storm rolled in and we had to stand by at an empty campsite where we played wiz-bong. Once it was safe, we booked it to 'Jalbert' our planned destination, spotting a moose and a bald eagle en route. One never knows where the path may lead…storm and all! Dinner was mashed potatoes, pepperoni, and hot chocolate, followed by medical checks, cabin chat on the beach and our nightly performance by the future Elle Woods.

Zoë

Day 9

Today we woke up at 7:30 to a breakfast of Grapenuts and granola. We then packed our things and began to paddle on Long Lake. About ¾ of the way to our next campsite, we spotted a moose about 15-20 feet away from us, they are amazing big creatures. On our way across the lake, we spotted the Allagash Buff cabins campsite and stopped to pick up their counselor, Leah who would show us the trail route we planned hiking. We continued to paddle across the Round Pond Lake, until we got to our camp site. Here there was a lovely little garden and a narrow hike path that led up to a tower. We sat down to relax as a cabin while eating a delicious lunch consisting of tortillas with peanut butter and M&M's. After lunch we started to work our way up the trail following Leah until we came across a muddy patch.

















Leah kept walking and sank into the mid-calf deep mud. She journeyed through the rest of the hike barefoot and brave. But soon she stepped on a tack in the middle of the path. About one hour and ten minutes into our hike, we decided it would be best to turn around and head back to the site, because the tower was closed and the path was tricky. On our return through much chatter we discovered that our group was at different paces and were hiking in four separate groups. In the very front, were Ellen, Megg, and Chelsea, middle, a little farther behind, were Boone, Grace, Anna and Zoe, and Ellie W., farther back was Claire and Ellie F., with the med kit and behind them was barefoot Leah and Belinda. We worked our way back to the camp ground and where it was decided that Megg and Boone would paddle Leah back the short distant to her campsite. Upon their return we sat down for a delicious soup with noodles and rice and ended the day with cold but still super good s'mores and shared our high, low, and another high of our day. Boone

Day 10

This morning we woke up at around 6:30 am to grapenuts with powdered milk for some and grapenuts with granola for others. We then loaded into our canoes and set off for a long day of paddling. Anna spent the day as a duff, taking pictures and reading. The day consisted of three moose sightings! Instead of stopping for a lunch we decided to raft up and let the current take us down the river. We all like the idea letting the river work for us this time around. We snacked on Luna bars with nutella. After a bit more floating down the river, we stopped at the ranger station for bathroom breaks and signing in for our campsite that night, at Allagash Falls. There was one campsite left! Then we continued our leisurely canoeing and arrived at the short portage up to our campsite. We quickly set up tents and changed into bathing suits and were off to see the 40 foot drop! Bee and Poppy from Allagash Buff showed us the proper way of jumping off a rock below the falls and took our pictures while we, including counselors, jumped off the rock into the fast water. Then we all returned to the campsite and read while others played a quick game of James Bond spies. Ellen and Belinda then graciously made us red beans and rice for dinner. We then took our last water bottle runs and started to get ready for bed. Then with our last reading and card games wrapped up, we were off to a late bed and sleeping in for the next day, our last rest day.

Anna

Day 11

Today is our rest day at Allagash Falls! During this beautiful sunny day, we sat by the falls and swam a little, jumping off a rock and floating in the quick water. Everyone was all smiles that day. Lunch was rice pilaf, made by Zoe, Anna, and Ellie W. That evening we played cards and relaxed while dinner was being made. Dinner was instant mashed potatoes! Ellie F., Grace, and Claire prepared these for everyone. For dinner we finally got our REAL s'mores, made over a fire, set up by Megg, Chelsea, and Boone. Allagash three, from Kieve raided our campsite and took our gear wannagan, and nearly empty cooler. The counselors made them give us all hot chocolate packets in return. We went to sleep, ready to wake up early for the next day ahead of us. Megg

Day 12

The 'Gash Green' girls rolled out of bed this morning after a very peaceful sleep and appeared ready for the day. For breakfast, we ate some delicious Honey Bunches of Oats mixed with Grapenuts. A few girls also braved the powdered milk. After an extremely short portage (at least compared to Mud Pond), we hit the river, a little below the falls. There were a few sets of rapids which kept us at a fast pace and before we knew it around 11am we arrived at our site for the night. We were in Allagash Village, just at the end of the river. We camped on property owned by Evelyn McBrierty's. We walked up to her old white house, where she took us in side and told us about herself and her experiences. She was ninety years old and shared stories of her family and other visitors who stayed on her land. She was very sweet. Our cabin took a quick picture with Evelyn and we walked back to our site to set up tents and eat lunch, PB & Jon tortillas. It started to rain so we smushed into two tents to hang out in, in hopes the rain would stop soon. Finally after a couple hours, the rain came to a halt and the counselors decided we would all go on a cabin walk. We were all waking alongside a road when Belinda and Ellen determined we should all checked out this store in town called Allagash Outfitters. We entered the small, musty store wondering what we were doing. Belin announced "Each one of you can pick out a soda and a snack," at this announcement we all jumped with excitement and after five minutes came to decisions. When we returned, we all sat in a circle sharing snacks and stories. Then once again it started raining. Back at camp we all fit ourselves snuggly into one tent and played the card game "President." After playing for many hours and with built up 'weather' frustration, Zoe, Ellie W., and Chelsea made macaroni and cheese for dinner. We all ate Oreos for dessert…yum! Again we all played cards together in one tent and later got into our individual tents to chill out and get ready for our very last canoe day on the Allagash River. Ellie W.

Day 13

Today we woke up and ate breakfast. Then we packed up and started on our last paddling day! We chatted while paddling and came across our campsite where we would be picked up by Lindsay. As we waited we ate lunch, played cards, and talked about our amazing trip. When the van came we were pleasantly surprised to meet two Iroquois girls with our mail. We all squealed in excitement and read it on our van ride to the Penobscot River white water rafting place. On our way we spotted a bear running across the road, which Anna was very excited about since she had been wanting to see one all trip. The first songs we listened and sang with were 'Leaving' by Jesse McCartney, of course appropriate, and then we belted out Hannah Montana and Hey Juliet. At Fort Kent we stopped at the customs to get into Canada, and had a great second lunch at a diner called Rocks. Dinner was in Millinocket, and was pizza. We made it to our destination, the Penobscot Outdoor Center, where we would be white water rafting the next day. We unpacked and set up tents. Bedtime was early again because of the exciting day ahead.

Day 14

Today we woke up early! We all surprised Claire because it was her birthday by climbing into her tent

singing happy birthday. After a good breakfast of Luna bars, we went white water rafting. The campers were in the same raft with guide Ryan. Lindsay picked up Sara from the hundred mile trip, and the two tripping directors joined Belin and Ellen in another raft. Almost immediately we paddled through our first class five rapid. After that we paddled another class five rapid, the most difficult rapid to navigate in the North East, the Crib Crusher. We made it through and Ryan was impressed with our paddle skills…wonder why! We stopped along the river and had a great lunch choice of steak, salmon, chicken, or a veggie burger that the guides prepared. Immediately after lunch we went over Lose Your Lunch Falls, a 12 foot drop. Then we pulled the raft up over a rock and continued to go over it three or four times. Great fun each time! No one lost their lunch. Everyone really enjoyed rafting, even if they were a bit nervous before hand. While Ellen drove Sara and Lindsey back to Baxter with the hundred mile girls, everyone went in the hot tub. Grace began to feel a little sick, so everyone hopped out, returned to our camp site and together we played cards. The van returned and we loaded all the gear. Before beginning the LONG car ride back, we stopped in town at Subway and enjoyed the foot long subs. Later on into the drive we stopped at Dunkin Donuts and got birthday muffins to celebrate Claire's birthday. Only the drive thru was open so we had to take the big van and canoe trailer to get it. We couldn't help but laugh as our huge load went through a drive thru! When we got to Augusta, the counselors relied on Chelsea, who guided the directions on the back roads back to Wavus. Glad to have a camper mate familiar with the area! We pulled safely into Wavus just before midnight. It was dark, quiet and peaceful under a star lit sky. Chelsea

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Iroquois "Community" Cabin

HBC: Cara FitzGibbon
JC: Laura Karabell

SnowGoose 6/27

Today our cabin and Allagash went on a day trip to our Bremen location taking an excursion on our lobster boat called the Snow Goose. After breakfast after we hit the road! We arrived to Bremen where we were greeted by the boat crew and hopped aboard. While we were on the boat we saw a Kieve cabin paddling, as part of their trip. It was fun to wave and cheer them on. During our afternoon at sea we pulled up lobster traps and learned a great deal about these crustaceans & their habitats, along with the preservation to keep the lobster industry alive and healthy. We swam, ate lunch and jumped off the roof of the boat. A few of the Allagash girls broke the record for how many times they swam around the boat. It was nice to have an outing on a boat and to enjoy the beautiful bay. After the boat ride we all went to get ice cream. What a great end to a great day! Charlotte

100-Mile Wilderness 7/1 – 7/16
Day One

Today we woke up and went to flag at 7:45 am. From there we went to breakfast in the dinning hall. We headed out of camp at 9:00 am and our trip began. The drive was supposed to be two and a half hours but we had

to make a stop at FedEx. When we arrived our package with the satellite walky-talky wasn't there so we had to turn around and meet the FedEx truck. This was OK but we were all eager to get on the trail. We ate our snacks and lunch in the van. At 1:30 we were fit and ready to go and set foot on the Appalachian Trail. We hiked cautiously as the conditions were wet and slippery. Everybody slipped a few times on the rocky, hilly, wet terrain. About two and a half miles along the way we came to a slippery rock face crossing. We were all trying hard to carefully and safely execute the crossing. Unfortunately Charlotte slipped and fell. She ended up with an egg shaped bump on her head with a number seven shaped mark too. We regrouped and we were back into the hike. We set up tents and had our first meal on the trail. Hannah and Maggie made Cous Cous for dinner. Lindsay

Day Two

Today we woke up at 5:30 am and packed up and made breakfast. It was granola—yum! Then we were on our way. There were a bunch of rivers to cross. Hannah slipped and fell in one and Charlotte and Emma took a nasty plunge. We had many breaks along the way which was good. We stopped for lunch and enjoyed bagels and carrots at a gorgeous waterfall. After lunch there was much more wading and climbing to come, filled with many breaks, of course, and we finally made it to our campsite. All in all it was a 7.5 mile hike. We were proud of this hard accomplishment. Hannah

Day Three

Today we woke up at 5:00 am at dawn, as if we were going to go hiking. Then we heard Charlotte and Hannah might be evacuated the next day and they needed to take a rest day. So we took a rest day today instead of the following day as planned. After we ate oatmeal, we put our sleeping bags in the lean-to and sat in there for most of the day. We met a lot of thru-hikers! Two of them—Marathon and Crazy Legs00coame from Georgia! They apparently did 46 miles in one day. We also met Bear Walker who was quite a character. Doug, another hiker, spent the night with us at the lean-to. He has a daughter our age and was in the army for 20 years. We had rice and beans for dinner and half-baked brownies for dessert. Mmm! Maggie

Day Four

Today we woke up at 5:15 am. It was really cold. Everyone moved in sync as we packed up our packs, took down the tents, covered our feet and cooked breakfast. The water took a little longer to boil than we anticipated so we got off to a late start (8:00ish). We hiked slow but steady taking very few breaks. We had to cross a small but challenging river today that was quite refreshing after many slips and slides in the mud. Then it was straight up to a lean-to for lunch of PB&J and pita. We spent some quality time on the roof bonding and then washed out some of our dirty clothes—along with our dirty bodies—in the stream. We are excited for Mac and Cheese tonight and sleeping in tomorrow! Mandy

Day Five

Today started out a little rough because we had to evac 2 campers. We packed up camp in record time and trekked back down to the road where we would meet up with the resupply. The big, white van came rolling down the hill. It was exciting seeing Hayley again but it was a bummer saying bye to Hannah and Charlotte. Our bags

were re-packed with new food, heavier back pack. We headed up our first mountain and Hayley got a little sick. The rest of the way up was challenging but there were some amazing views. We finally reached the campsite at 7:30 pm and hit the sack for an early wake up call. All in all, it was a pretty tough day but the views made it worth it!

Emma

Day Six

Today Laura took Hayley down to the road to get picked up this morning. She gave it her best but was not well enough to continue on the hike. We ate muesli for breakfast and took off with a quick start down the mountain. We hiked up Mountain Four, followed by a steep downhill. We then hiked Mountain Three. We had lunch over looking an amazing view. It took a little while to get down Mountain Three because it was so steep and rocky. Next we continued hiking onto Columbus Mountain. After an hour and a half or so we reached the top of the mountain. We walked on a flat, gradual downhill for about 30 minutes where we reached our campsite. When we got there our counselor Laura and Sara—the tripping director—were waiting for us. Today we back-packed 8 miles and again the views were worth it despite Haley's departure.

Lindsay

Day 7

Today we woke up at 5:30 and had a breakfast of Grape Nuts and milk. We gathered up our gear and headed out around 7:00 am. We also had a new member Sara, who joined us last night! With a healthy team we reached a peak and saw an awesome view of Whitecap Mountain and other surrounding mountains. We climbed down the mountain and came to an insane rockslide. We slowly made our way down the rockslide. We finally made it to our old re-supply road. We crossed the road and came to a river that we crossed. We had a long and much needed bath in the river and then ate a big lunch of pita and tuna. We then packed up and headed towards our campsite. It took a long time to get to our lean-to because it was our longest day so far. 9.9 miles to be exact! We ate a yummy meal of Gado Gado and headed to bed for a much needed sleep.

Maggie

Day 8

Today was a really good day! We left Carl A. Newhall lean-to at 6:30 am. We climbed Gulf Hagas Mountain which had a partially open summit at 2.8 feet. It was a pretty easy climb for our rested bodies and we reached the top by 7:30 am. We then took on our next peak after a short break at Sidney Tappan Campsite. It was a steep climb up 3,178 feet but we made record time and arrived at around 9:15 am. We climbed our next mountain Hay Mt, with a little more fatigue. It was gradual which was quite nice after already climbing two peaks. We stopped at the top for an early lunch at 10:30. Finally we were ready to take on the big mumbo-jumbo WHITE CAP MOUNTAIN elevation 3,654 feet! We got false hopes from two male hikers who said we were "close, real close" when we were really half a mile away. May not sound like much but when you're hiking, depending on the terrain, a half mile can be a long ways off. Men have no sense of direction. Once we made it to the top it was magical! It was our first open peak of the day and had super strong winds and killer views. We took off our boots and let our dog's air out. We also had a snack of M&M's and peanut-butter burritos (bad idea). After a nice


APPALACHIAN TRAIL






APPALACHIAN TRAIL
CAUTION
THERE ARE NO PLACES TO OBTAIN SUPPLIES OR GET HELP UNTIL
ABOL BRIDGE 100 MILES NORTH. DO NOT ATTEMPT THIS SECTION
UNLESS YOU HAVE A MINIMUM OF 10 DAYS SUPPLIES AND ARE FULLY
EQUIPPED. THIS IS THE LONGEST WILDERNESS SECTION OF THE ENTIRE
A.T. AND ITS DIFFICULTY SHOULD NOT BE UNDERESTIMATED.
GOOD HIKING!
M.A.T.C.

break we stepped back on the trial and hiked 1.5 miles down to our campsite. It was steep and there were lots of stone stairs. We arrived at 2:15 to find our lean-to full of hikers. After setting up our tents we went into the stream and washed our clothes and ourselves. We chilled out for a while and played some cards. We started dinner at 5:00 pm—it was mashed potatoes, cheese and pepperoni and it was delicious! Then we had brownies with peanut butter for dessert. Mmm! After that we cleaned up and got into our tents for an early night. It rained for the first time on our whole trip—I guess nothing 'gold' can stay ha ha. Mandy

Day 9

An early wake-up call of 4:45 began our day. After filling our water bottles with the ice-cold water from the spring we started our hiking. By eight o'clock we were already three miles past where we had started and were able to take a 30 minute break at the next lean-to. At 9:30 am we had made it up our first hill and paused for protein bars. After another small mountain we made it to our first sandy beach of the whole trip! We were accompanied by a group of French Canadian boys who we had run into a few days earlier. We merely gawked from afar due to the awkward language barrier. Little did we know that they spoke quite good English! They told us they were headed to the same campsite as we were so we skedaddled off the beach and back onto the trial in order to claim the good tent sites. Upon our arrival we were captivated by the gradual waterfalls and deep swimming hole. We stripped down to our bathing suits and began to slide down the waterfall and frolic in the warm swimming hole. Shortly after, it began to rain so we found shelter in the lean-to and chatted with our Canadian companions. After a long day of 11 miles, a 7:30 pm bedtime was sounding fairly appealing! Emma

Day 10

Today we woke up at around 4:45 am. We hiked about four miles to Route 11 where we stopped to have snack. We moved on at a fast pace for the next four miles to Antlers Campsite. At Antlers Campsite we stopped for around forty five minutes for lunch. We had bars for lunch and ate peanut butter and jelly in our spoons. After lunch we hiked to Potaywadjo Ridge which was next to our lean-to three miles from Antlers campsite. At 2:00 pm we arrived at the lean-to. We had Mexican rice for dinner and climbed into our tents at 7:00 pm! Another great day of hiking! Lindsay

Day 11

Today we woke up at 5:30 am and had a warm meal of Bulgar. We packed up our gear and headed out around 7:00 am. Nearly a half hour into our day we saw a moose while crossing a road. We took a few pictures and headed on our way. Mandy took a nasty fall on a fallen tree and later scraped her knee on a set of stairs. Not a great day for her knees! We stopped at a gravel beach and spent a relaxing 20 minutes resting and enjoying the gorgeous view of Nanmakanta Lake. We decided to wait to eat lunch until we arrived to the lean-to because we knew we were going to get there early. We arrived at the lean-to at around 1:30 pm and had a lunch of left-over Bulgur from the morning. Later we made delicious Mac and cheese. Then Emma made a batch of warm brownies. They were mouth-watering!! We brushed our teeth, put on our jammies and headed for bed, excited for Emma's birthday the next day! Maggie

Day 12

Today we slept in til 5:50 am. When we got out of the tent Cara was making pancakes because it was Emma's birthday! We took our time enjoying the birthday breakfast and getting ready to go. We left at 7:15 am. It was a LONG day of 11.9 miles. It was a little more hilly than we were used to…and up hill…ugh! But we took our time. The trail was kind of wild. There were a lot of fallen trees and the white blazes were in unusual spots. Thoughts of getting to the store the next day kept us in high spirits. We made it to the campsite at around 3:30 pm and feasted on delicious Gado Gado, rice and beans and then cake with M&M's for dessert. It was a great celebration of Emma's first day as a 15 year old. Good times were had by all. Abol Bridge to come!

Mandy

Day 13

Our day began at 5:00 am after a good nights sleep. We left the campsite at 6:30 pm ready to reach Abol Bridge. We were off and running and hiked our first 1.7 miles in a mere 30 minutes. As the day progressed we were able to keep a quick, steady pace which allowed us to reach the "golden road" by noon. Our anticipation built as we set up our tents. Then it was finally time for the moment we had all been waiting for: the store! After going crazy in the tiny general store we brought our junk food outside and feasted. Some of our snacks included candy bars, microwavable cheeseburgers, ice cream, soda and chips. The counselors returned to the store to re-supply while we ran off our extreme sugar high. Back at the campsite we hung around hoping the Kieve boys might happen to be rafting and pass our campsite because the same had happened the year before. When we saw a raft rounding the corner we were disappointed to see that it definitely was not the Kieve boys. The rest of the night was spent hanging around in the lean-to with the exception of a swim that lasted only a few minutes. We were all back in our tents after a warm dinner of Kraft Mac and Cheese.

Emma

Day 14

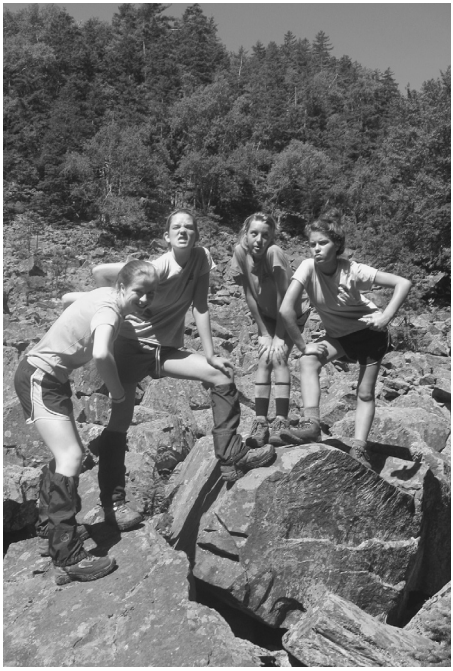
Today we were planning to wake up around 6 am but every time Sara and Cara would try to wake us up it started pouring. It finally stopped raining around 7:30 am. We all went into the lean-to and had a delicious breakfast of various cereals and freshly bought milk. We left the campsite at 10:00 am marking the latest we've left yet. We hiked 7.5 miles to Daisy Pond Campground where we stopped for a scrumptious lunch of peanut-butter and fluff sandwiches. We hiked a quick 2.3 miles to Katahdin Stream Campground where we finally finished our 100 plus miles of backpacking!! We all changed into our bathing suits to help them dry faster from the previous swim. Later we made a fire, changed into cozy clothes, started dinner and played cards. For dinner we had rice pilaf and after we all roasted marshmallows on the fire. We climbed into our tents and sleeping bags, excited to sleep in tomorrow before our service project.

Lindsay

Day 15

Today we all slept in until 8ish. It was a nice change of pace considering that we have been waking up at 5:00 am most mornings. Also we had a late night because Hannah and Charlotte joined us. We had cereal for breakfast and we were still hungry so we had some Oberto Beef Jerky. At 10:00 am we went to do our service project with

Ranger Charity. It was weird riding in a car, we went so fast! We scraped and painted a ranger's building. It was fun. We finished in time for lunch of PB&J on rolls. Then we played around in the campground, happy to relax after completing the 100-Mile Wilderness. Sara and Lindsay joined us with pizza and pepsi's Yum! We built a fire and enjoyed each other's company. We packed our daypacks for Katahdin tomorrow. So excited! Then we turned into our tents ready to enjoy our last night in the tent. YEAH, PUT YO HANDS IN THE AIR!





Day 16

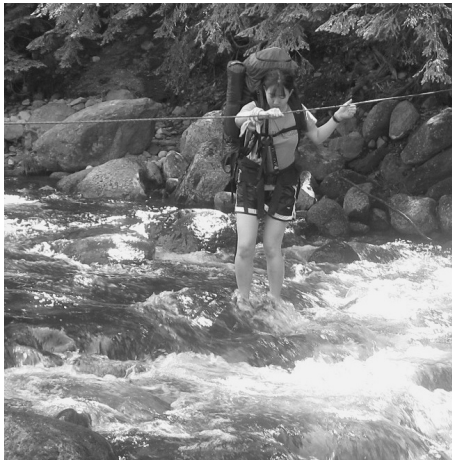
The wake-up call of 4:00 am came a little earlier than expected. Despite our lethargic states we were able to pack up the campsite and get on the trail by 4:45 am. The first group consisted of Emma, Mandy, Lindsay, Maggie and Cara reached the summit at 9:15 am after tackling the massive boulders. Charlotte approached 15 minutes later at 9:30 am with Hannah, Lindsay, Sara and Laura following close behind. Upon our arrival we were greeted by our French Canadian companions and various other hikers. The weather was spectacular so we spent 2 hours at the top enjoying ourselves. The trip down was shorter but harder on the knees. At 3:30 pm we were packed up and began our trek out of Baxter. On the



back roads we ran into Henry Kennedy and Katie Moulton. It was fun for all of us to see Katie. After 21 ounce slurpies we stopped for a delightful feast at Pizza Hut. The remaining car ride flew by and we returned to camp to wreak havoc. It feels so awesome to be back at camp after accomplishing something so special!









Trip Logs - Session 2

Junior Wavus Responsibility Cabin

HBC: Rachael Bickford
JC: Lykara Hayes
CIT: Melissa Wider

Bremen Trip 8/4 – 8/5

We left Monday morning after breakfast with the Pride cabin. When we got to the campsite the girls unpacked and settled in. It rained for a couple of hours so the girls kept themselves entertained by playing cards games and hand games. Once the rain cleared up we went for a mini kayak trip around a nearby little island. PB&J sandwiches for lunch YUM! It started raining again so the girls played some more games in their tents. For dinner we enjoyed some tasty veggie hotdogs (some had more than 2)! After a tired afternoon the girls went back to their tents and promptly fell asleep. Ocean air can tire one out! The girls awoke at 7 AM and were ready to take on the day! We had cereal with powdered milk that the girls expressed "not my favorite!" However, powder milk could not squelch our mood as we were all very happy it was sunny and warm and not a thunder cloud in the sky! We all boarded the Snowgoose at 10 am and met Captain Mike and his crew along with Luna the chocolate lab! We stopped several times to pull up lobsters traps to discover that not only lobsters crawl in for the trapped bait…their were crabs too! The girls pitched in and enjoyed being a lobster girl for the day! After awhile we started fishing over the side of the boat, following Captain Mike's instructions for catching fish and keeping safe with the hooks. All the girls caught at least one fish, they were so proud and delighted with themselves. We got to a small quiet cove where the captain anchored the boat and we ate our lunch. After lunch we were able to climb up to the top of the boat and jump into the water. At first, there was a long quiet pause from all the girls as they appeared to be scared of the idea, but once the first girl jumped the 'courage meter' went to a maximum and everyone was in line to jump! The water was really cold but they all had a great time. Late afternoon the Snowgoose landed at the dock. Up the ramp we walked waving goodbye with shouts of "Thank you" to Captain Mike, his crew and Luna. We headed back to our campsite where the vans were there waiting to pick us up and bring us back to camp, but not without stopping for some ice cream at Jefferson Scoop. What a great way to end a wonderful trip!

Junior Wavus Respect Cabin

HBC: Lisa McClennan
JC: Lucy Lynch
CIT: Anna Otis

Bremen Trip 8/1 – 8/2

Hurrah! The first official day of our Bremen trip had arrived! We piled into the camp van, all fifteen of us, and drove the short distance from Wavus to Kieve's Bremen landing. It was a foggy day, and we worried that our voyage on the SnowGoose III would be postponed. Fortunately we arrived at Bremen with Cayuga Cabin in tow and briskly clambered aboard the vessel. We were greeted by Captain Mike, his first mate Nicole, and Luna, the lovable chocolate lab. We went about our day, fishing from the SnowGoose III and

jumping off the top into the icy, ocean water. Some girls were brave enough to swim over to the rope swing a few paces away onshore, and swing off of it (more than once). After a very eventful day, we docked back at the landing, waved goodbye to Cayuga, and set up camp. We explored the campsite, and a few of us, took a kayak out to the island in the harbor. Afterwards, tired and a little wet, we prepared a delicious dinner of hot dogs, hamburgers, potato chips, apples, and carrots. Then … a cabin talent show! The girls entertained each other with comic acts, impersonations, Wavus cheers, and random fun. Soon the fire burned out, and dead tired, we retreated to our warm tents to a welcome sleep. However, our sleep was cut short, when the Respect campers awoke on the early side, due to the anticipation of a new day. We ate a prolonged breakfast of bagels and cream cheese, lazed around on the landing for a bit, and packed our gear. Before long, it was eleven, and Lindsey arrived to drive us back to Wavus for a boat ride to Jefferson Scoop for some ice cream! Our trip was over, well done, Respect cabin!

Junior Wavus Courage Cabin

HBC: Kate Hoblitzell
JC: Cara Cavalaire
JC: Ella Walker

Bremen 8/7 – 8/8

Cabin Courage arrived at Bremen on Thursday after lunch to less then perfect weather. But the rain held off and the girls enjoyed tether-ball, playing on the rocks, and lots of card games. After exploring the campsite more and settling into their tents, the girls were ready for dinner. We all enjoyed pretzels, carrots, and hot dogs prepared on the grill by the counselors. Once all the dishes were done, the campers made delicious s'mores around the campfire. Everyone happily settled into their tents, snug in their sleeping bags around 9:30 pm, made it just in time as the rain drops began! We woke to drizzles the next morning and ate bagels toasted on the grill for breakfast. After checking with Captain Mike and consulting the weather forecast, it was decided that our Snowgoose would have to be cancelled. Cabins Courage and Kindness were brought back to camp to dry off and warm up. The campers packed up all their things while the counselors prepared peanut butter and jelly sandwiches for lunch later that day. We returned back to camp just before noon and gladly ate our yummy sandwiches in front of the fire in Jewel before returning to normal camp life.

After eating lunch and getting a little extra rest, a special activity was set up for Courage and Kindness to make up for the Snowgoose trip. We traveled to Andrews Hall with our blankets and pillows in hand to watch a special showing of "The Parent Trap" on the screen projector. There was even popcorn for us to snack on! It was a perfect activity for a rainy afternoon. Although our trip was cut short, all of the campers made the best of the situation and will still have some very special memories from this overnight!

Junior Wavus Kindness Cabin

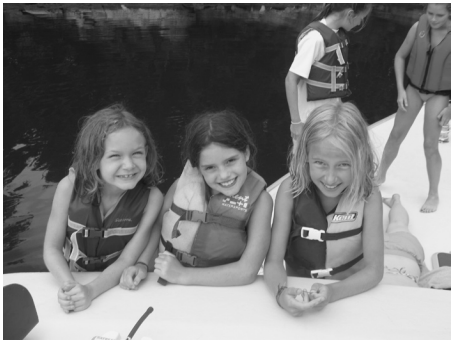
HBC: Alina Swiadas
JC: Kirsten Weiner

Bremen 8/7 – 8/8

Although our trip got off to a late start, Junior Wavus cabins Courage and Kindness made the best of their

















overnight trip to Bremen. We did not let the rainy and cool weather hold us back! After setting up our beds in our tents and explored the Bremen property, we had worked up an appetite. We grilled hotdogs and ate pretzels for dinner. After dinner some of us played tetherball and got to know the girls in Courage cabin a little better and others explored the seaside rocks. The highlight of many of the camper's night was when we roasted marshmallows and made s'mores. We tried our best to get a campfire going, but the damp wood and wind did not help us! Instead, we toasted our marshmallows over the grill which worked just as well and the s'mores turned out just as delicious. The campers in Kindness cabin had a little more time after s'mores to play before we called it a night. Eventually everyone crawled into their tents and settled in for the night. Unfortunately we woke up to the sound of rain on Friday morning. However we made a yummy breakfast of grilled bagels and cream cheese. After checking with Captain Mike and consulting the weather forecast, it was decided that our Snowgoose would have to be cancelled. Cabins Courage and Kindness were brought back to camp to dry off and warm up. After eating lunch and getting a little extra rest, a special activity was set up for Courage and Kindness to make up for the Snowgoose trip. We traveled to Andrews Hall with our blankets and pillows in hand to watch a special showing of "The Parent Trap" on the screen projector. There was even popcorn for us to snack on! It was a perfect activity for a rainy afternoon. Although our trip was cut short, all of the campers made the best of the situation and will still have some very special memories from this overnight!

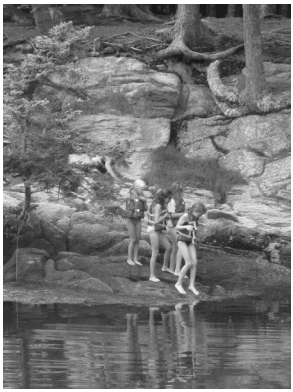
Junior Wavus Pride Cabin

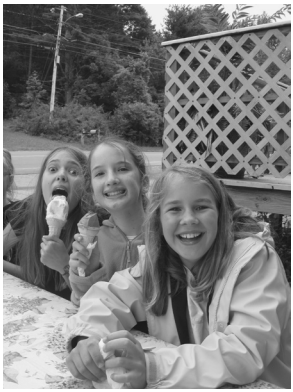
HBC: Polly Massaro
JC: Winslow Brokaw
CIT: Molly Barrows

Bremen 8/4 – 8/5

We left Monday morning after breakfast with the Responsibility cabin. When we got to the campsite the girls unpacked and settled in. It rained for a couple of hours so the girls kept themselves entertained by playing cards games and hand games. Once the rain cleared up we went for a mini kayak trip around a nearby little island. It was fun to paddle and explore as a group. We returned in time to enjoy PB&J sandwiches for lunch YUM! It started raining again so the girls played some more games in their tents. For dinner we all feasted on tasty veggie hotdogs (some had more than 2)! After a tired afternoon the girls went back to their tents and promptly fell asleep. Ocean air can tire one out! The girls awoke at 7 AM and were ready to take on the day! We had cereal with powdered milk that the girls expressed "not my favorite!" However, powder milk could not squelch our moods as we were all very happy it was sunny, warm and not a thunder cloud in the sky! We boarded the Snowgoose at 10 am and met Captain Mike and his crew along with Luna the chocolate lab! We stopped several times to pull up lobsters traps to discover that not only lobsters crawl into the trapped bait…their were crabs too! The girls pitched in and enjoyed being a lobster girl for the day! After awhile we started fishing over the side of the boat, following Captain Mike's instructions

for catching fish and keeping safe with the hooks. All the girls caught at least one fish, they were so proud and delighted with themselves. We got to a small quiet cove where the captain anchored the boat and we ate our lunch. After lunch we were able to climb up to the top of the boat and jump into the water. At first, there was a long quiet pause from all the girls as they appeared scared of the idea, but once the first girl jumped the 'courage meter' went to a maximum and everyone was in line to jump! The water was really cold but they all had a great time. Late afternoon the Snowgoose landed at the dock and up the ramp we walked waving goodbye with shouts of "Thank you" to Captain Mike, his crew and Luna. We headed back to our campsite where the vans were there waiting to pick us up and bring us back to camp, but not without stopping for some ice cream at Jefferson Scoop. What a great way to end a wonderful trip, YOU GO CABIN PRIDE!







Algonquin "Unique" Cabin

HBC: Malory Ferguson
JC: Maddie Lindal
JC: Gracie Shorr
JC: Sewall Robinson

Hidden Valley 8/1- 8/2

There was much excitement for today Algonquin started packing for their first overnight at the Hidden Valley Nature Center Yurt campsite. After a quick breakfast, we loaded the van and set out for our trip. After a short drive we reached the entrance and it was very exciting to begin out trip experience, but after carrying sleeping bags and day packs for a while, a little muffle of complaining came out as this part about hiking was not so exciting anymore! Afterwards, when it was behind us we all agreed that the mini-hike wasn't very hard. Once getting to the campsite everyone settled into the campsite, exploring the yurt, choosing beds, and playing games like house and twister. Counselors reminded everyone about our leave no trace motto as we ate our food so no food would be left around for the animals. Sleeping in the yurt was a cool experience because basically all of us had never slept in one before. A yurt is like a small cabin or a humongous tent. It has three pairs of bunk beds, a wood stove, table and chairs and a small cooking area. The Yurt is also well above the ground. We had a sizeable deck to hang out on and enjoy the views. Some of us choose to


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sleep on the floor with our matt's and sleeping bags. It was nice that no one seemed to mind, and we really were enjoying the accommodations. We talked, played, and had a great time. We snuggled into bed. What a great trip. I can't wait for our next yurt trip.

Sam, Alexa, Liv, Emily, Hannah

Hermit Island 8/9 – 8/10

We woke up early, totally excited and got prepared for our trip. We loaded the van and we were so excited to go to Hermit Island. As a group we already had a successful Hidden Valley under our belts! Finally, we arrived, a bit longer drive than our first trip. Now were camping on the ocean! When we found our spot, we unloaded the van and w learned how to put up tents as a team. It was more fun than we all expected. After our tents were up, we did some exploring around the campground. We were very close to a fresh water pond so Grace, Malory, and Madde took us fishing. We all realized we were much better at it than we thought and also having good teachers helped! After playing around we had a mock chapel service, of singing and what we were grateful for while the counselors prepared our dinner. We enjoyed cooked veggies and warm tortillas. We played more games after dinner and set up the camp fire for s'mores. We settled into our tents and talked for a little while before we fell asleep. We had a great time! It was a short trip but we did it and we all look forward to longer trips down the road! After packing up we said our goodbyes to the campsite and Hermit Island and the ocean. Our next stop was Round Top in the morning!!!!! And then back to camp.

Emmy, Georgi, Julia, Caroline, Kalea







Mohawk "Creative" Cabin

HBC: Kacey Caudle
JC: Jen Norton
JC: Alexa Comstock

Hidden Valley 7/31 – 8/1

Thursday July 31: After having prepared the girls and packed for our overnight trip, we departed from Wavus around 9:30 am on Thursday morning. We were all very excited about leaving camp and having an "adventure", for some this being one of their very first camping experiences! Soon after leaving Wavus, the clouds began to roll in and by the time we reached the entrance to the Hidden Valley Nature Center it began raining. We parked the van at the entrance and gathered all of our things for the ½ "hike" to the Yurt. As soon as we got settled into the yurt, it was raining really hard and then began to storm. This storm continued for about 2 hours! We were disappointed about the inclement weather but thankful to be in the Yurt! The girls played card games and made friendship bracelets and the counselors also played and read. Unfortunately, the rain continued ALL day but cleared up in time for us to go outside for just long enough to cook dinner. The girls played and made "huts" while Champ, Alexa and I prepared a delicious dinner of grilled chicken, cous cous and vegetables! After dinner it began to rain again, canceling our plan to make s'mores! So we decided to take a little outing to our favorite place in the world, Round Top Ice Cream! After returning from ice cream and taking the hike back to the yurt, it was time to call it a night and we went to sleep to the sounds of rain!

Friday August 1, 2008: We woke up around 7:30 and relaxed for a little while before we decided to pack up our things and head back to camp, as it was RAINING!

Acadia Trip 8/8 – 8/10

Friday August 8, 2008: Friday morning we all woke up earlier than usual full of excitement and anticipation for our trip! After breakfast, double-checking our gear and food supply, and loading up the van and trailer, a sense of relief fell over me as we finally loaded the van. Although, the wet weather was the trend of the session and the forecast predicted that it would continue through out our trip, even in Acadia, we were still very excited about our adventure. We finally left camp at approximately 10:30 am, after traveling for about 2 hours. We stopped for a break and unpacked our peanut butter and jelly sandwiches for lunch. After exploring the beautiful Mt. Desert Island and Acadia National Park area in the van and stopping for a few shore view breaks, we finally arrived at La Moine State Park campground. There we unpacked, set up our campsite and also met up with the Omaha girls who were finishing up their 12 day trip in Acadia. This was especially exciting because we were able to visit with our friends and even Genny got to see her sister Emily! We cooked "Pita Pizzas" for dinner followed by scrambled brownies that we shared with Omaha. It was great fun to join the older cabin of girls.

Saturday August 9, 2008: Saturday morning we were lucky to wake up to better weather! The girls enjoyed a pancake and bacon breakfast, before we packed our day-packs to explore Acadia National Park for the day. We left our camp ground and first headed to the Bar Harbor area where we


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walked around the pier and explored the "shore path", a 2 mile walk on the rocky and beautiful coast with a great view of all of the smaller islands and the harbor. We then hoped on the Island Explorer shuttle and rode to Sand Beach where we (and some seagulls) enjoyed our deli sandwiches for lunch!! The girls, to my amazement, actually enjoyed playing in the ice-cold ocean water while Alexa, Champ and I relaxed on the beach. After a few hours on the beach, we got back on the shuttle and took a ride through the entire park on Park Loop Rd. We were able to see some amazing views from the tour. We then returned to the visitor's center to get our van and drive back to the campground. We prepared an early dinner of hamburgers, hotdogs, cous cous and vegetables. Since the weather was clearing up we decided to get up very early on Sunday morning to watch the sunrise on Cadillac Mt. so we prepared the girls for this by packing everything except for the tents and what we needed as far as clothing. We went to sleep by 9:00 pm because we knew 3:30 am would come VERY soon!

Sunday August 10: Sunday morning 3:30 am came TOO soon, but the girls were such troopers and got up quietly without disturbing the other campground visitors and packed their tents. We were in the van ready to go by 4:15 am…right on time! After a short trip we arrived at the Cadillac summit around 5:15 am for the 5:30 sunrise. WOW, it was brilliant, and made the early wake-up so worth it. This sunrise became not only one of the most memorable experiences of my summer, but of my life thus far! I think the girls really appreciated it as well. After a sleepy 2½ hour ride back to camp, we arrived back just in time to partake in Sunday mornings tradition of eating WAVUS WILD DONUTS!!

Cheyenne "Carefree" Cabin

HBC: Tracy Reick
JC: Issie Comstock
JC: Sara Janiszewski

Hidden Valley 7/30-7/31

On the morning of July 30th, the Cheyenne cabin awoke early to prepare for departure on their trip to Hidden Valley. The sun was shining brightly and the lake was extraordinarily calm. It was such a huge change from the rainy weather and rough waters that had become the latest weather trend at Wavus. The girls were excited for the trip. For several of them it would be their first camping experience. We went to flag and breakfast as we normally would any other day at Wavus. The amazing kitchen staff stuffed us full with lots of fresh fruit, yogurt, and apple filled pancakes. It was nice to start the day with a full stomach! After packing all of our backpacks, food, and water jugs in the van, we then crammed ourselves in as well. The drive to Hidden Valley was a short one. Overall it took a little under a half hour. The van ride was filled with the girls singing along to whatever came on the radio. It was definitely a sound to hear! Once we arrived at Hidden Valley, we had to unload all of our things and hike to our campsite. The hike was about a mile long. The girls agreed that it was a pretty bearable hike except for all the bugs. Good thing we remembered to bring lots of extra bug spray! The last stretch of the hike was slightly uphill. At the top of the hill

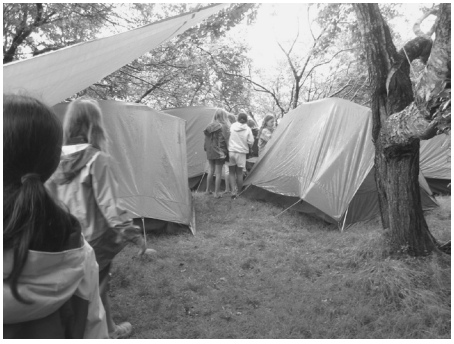
was our home for the next 24 hours. We were staying in a "yurt." Our yurt was a wooden circular structure, enclosed by a waterproof material. Yurts often times are considered to be a nomadic structure. Inside the yurt were 3 sets of bunk beds, a little table, and some other necessary camping items. The girls were so excited to see the yurt both inside and out. We had a nice wooden deck built on to the yurt as well. After getting settled in, we decided to have some lunch. After lunch the girls rested for a little bit and then we decided to take a hike to a nearby pond. We dressed ourselves in bathing suits and suitable hiking shoes and were off on our way. About a half hour later we landed at Little Dyer Pond. The girls all took a dip in the water to cool off. They swam from rock to rock enjoying the refreshing water. Once they were done swimming they decided to build a teepee. It looked amazing! There was even some room to fit in it. We all became a little restless after awhile so we decided to head back to the yurt. Once we got back some of us spent some time reading, some played cards and other games, and some just relaxed. We definitely made use of our deck.

Later on into the evening we cooked up some dinner on the propane stove and filled our stomachs with hamburgers, hot dogs, mashed potatoes and some mixed vegetables. The girls were hungry after the long busy day. For dessert we had scrambled brownies. That may have been the highlight of the trip! After dinner we just hung out on the deck and in the yurt. The sun started to go down early so we got ourselves settled into our beds. Several people slept on the bunk beds and the rest all cozy on the floor next to each other. Some of the girls stayed up talking for a little bit and some of them read for awhile. Before you know it though, they were all fast asleep. The next morning, the girls all woke at a reasonable time. Breakfast was supposed to be normal pancakes but ended up being "scrambled pancakes." Next time we'll be sure to remember to bring the cooking oil! After breakfast we cleaned up the area and started to pack up our things. After all was packed up, we said goodbye to our yurt and headed on our hike back to the van. The girls were excited to get back to camp and already looking forward to the next trip!

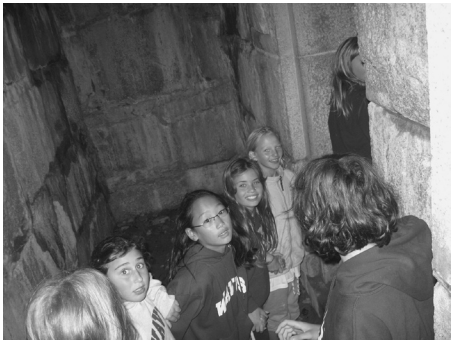
Hermit Island 8/6 – 8/8

After a short drive to Hermit Island, we checked into our campsite early and quickly put up our tents in a light rain. It was still exciting to be on our trip and on the ocean despite the company of rain. After a lunch of tuna or turkey on a tortilla, which was accompanied by some apples, there was quiet time for card games or reading in our tents while it rained. The weather let up a bit and we headed to the beach to explore before dinner, no one swam but a good time was had by the girls. For dinner we had pasta with a choice of red sauce or butter, and leftovers for lunch if anyone was still hungry. After dinner we hung out chatting and taking in the surroundings, for a little then turned in early. The next morning started with a delightful treat: M&M pancakes! It was a delicious way to start off a cloudy morning. Due to the cold, instead of kayaking, we took a trip to Fort Popham. An old military fort built during the Civil War, Fort Popham was just a short drive from the Hermit Island Campground. The girls had a blast running around the Fort and


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exploring! They also had fun playing sardines inside the fort area! From the Fort we went back to our campsite for lunch! It wasn't raining, but we took the tarp down due to the wind. Weather certainly was having he upper hand on our plans! We had our dinner for lunch, just in case it rained later in the day. It was a delicious meal of chicken stir-fry and was enjoyed by all! After the stir-fry, we made s'mores! They were a delightful treat that everyone loved and some of the girls worked at creating the perfect marshmallow! After some quiet time after lunch (well deserved after a rambunctious morning) we headed to the beach! Despite the not awesome weather the girls had a great time! They had fun exploring the area and finding hermit crabs. They collected and named numerous hermit crabs and put them in living spaces, jail and the hospital. Their imaginations never ceased! The searching and maintaining their crab community kept them occupied for quite some time! After the beach we feasted upon what was meant to be our lunch and hung out for a while before going to bed. In the morning we ate a quick breakfast of English muffins with butter and jelly. It started to rain so after getting everything together we packed up our tents quickly and efficiently then loaded the trailer and made our way back to Wavus! The trip home was uneventful and everyone had a good time at Hermit Island!







Cayuga "Quiet" Cabin

HBC: Jaime Williamson
JC: Hanne Bernes
JC: Laura Karabell

Damariscotta Lake 7/29 – 7/3

After breakfast we paddled on Lake Damariscotta to the Rodrigues' Point on the northern most part of the lake. We set up tents, and enjoyed a swim and ate lunch. We paddled up Davis Stream exploring. It was an easy leisurely paddle of turns, beaver dams, and heavy dense foliage on either side. We paddled for a few hours. On our way back we docked at the Jefferson market landing and walked over to the Jefferson Scoop and enjoyed sweet tasting ice-cream after a long paddle! We hopped back into our canoes and paddled back, hollering an echo under the bridge, paddling through the channel and onto the mouth of Damariscotta Lake, along the shore line back to our campsite. We enjoyed another swim and the girls played lots of games in the water. Clear skies quickly turned to rain clouds and it started to rain pretty heavily so we made and ate dinner in the boatshed— hot dogs and hamburgers. The rain cleared up and a lot of the girls went back in the water. Just before sunset we built a fire and had fun roasting some tasty s'mores. After that it was time to hop into the tents and say goodnight. The next morning we woke with the sunrise, 5 AM and loved paddling back on still waters and made it back to camp for breakfast! It was a great accomplishment to paddle, play and sleep on our lake. Thank you Rodrique Point for extending your hospitality!



Snowgoose 8/1

We drove to Bremen with packed lunches, hoping the rain would hold off for our day on the Snowgoose. And it did! Once on the boat and out near all the lobster buoys, we found ours and pulled up lobster traps. It was really interesting to hear all the questions and answers shared by the girls with Captain Mike and his crew (one other person and dog Luna!) One trap we pulled had two lobsters! We also all had the opportunity to fish and everyone took turns gladly accepting the offer. Fishing off the side of the boat was very cool, whether we hooked a fish or not. By noon the boat was anchored in a calm cove where we ate lunch. Next, some of the girls took to jumping off the roof of the boat and swimming around the Snowgoose. Not everyone was brave enough to venture into Maine's summer COLD waters! Nearby on shore there was a rope swing you could easily swim too and swing out over and drop back into the water. It was fun to watch others having fun. After all the jumping and swimming, Captain Mike turned the Snowgoose back towards the Bremen dock. We thanked the crew for a great day. Back in the van we returned to Wavus.

White Mountains 8/4 -8/8
Day 1

On Monday, August 4th we arrived at Dolly Copp campground. Everyone was excited to have reached our destination after a long van ride and was totally psyched for their extended trip! We set up our tents and had a lunch of meat and cheese sandwiches. Booted up, water bottles and snacks we took the trail leading to Mt. Kearsage. We were unable to summit do to a late start but we all agreed the hike served


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as good practice for Mount Washington. We returned to camp, ate a dinner of pasta and sauce and roasted s'mores. We went to bed early in preparation to summit Mount Washington the next morning.

Day 2

On Tuesday morning we woke up early with the hopes of climbing Mount Washington. We woke up to rain pounding on our tents so we went back to sleep until 7:00 am. We had a breakfast of milk, cereal and yogurt. It was many of the girls' first times with dehydrated milk and they graciously ate their cereal. The rain let up and it was decided we would hike a near by trail called hike Trail, quite a close drive from our campground. The air was cool and the trail was wet. We all made it to the summit and were treated by a beautiful view of the top. The girls were super proud of their accomplishment. We enjoyed a peanut butter and jelly lunch with a mountain top view! After lunch we hiked down to the bottom of the mountain. It was a gorgeous descent, filed with tons of brooks and streams for us to cross. We returned back at camp with some rest time before we prepared and ate a delicious dinner of pizza and no-bake cookies. We turned in early, planning to climb Washington the next day.

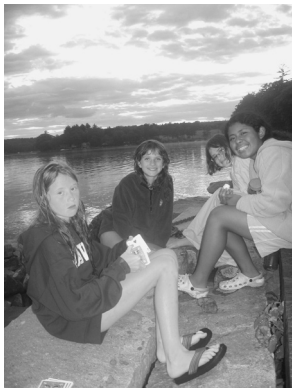
Day 3

We woke up bright and early at 4:30 am. It was still dark but, with the help of our headlamps and flashlights, we managed to eat a quick breakfast of fruit and bagels. We each packed two bagel sandwiches, bags of GORP and loads of snacks, preparing for the long day ahead of us. We arrived at the Pinkham Notch visitor center, used the bathroom and were on our way up the trail by 6:00 am. The climb was really tough—it was rainy, windy and foggy—but the girls all did a great job. Not all of us made it to the top but each and every girl was proud of herself for the efforts she put forth on the trail. After we were all gathered at the bottom we headed back to our campsite, ate a late dinner of quesadillas and went to bed, exhausted from our long day. Glad to be in our warm tents snuggled in our warm sleeping bags

Day 4

Our fourth day was a well-earned rest day. Plus, it was Caroline's 12th birthday! We ate a late breakfast of sunrise spuds. During the afternoon we played cards, read and explored our campsite. Jaime drove into town to the laundry to dry everyone's wet clothes. We ate a tasty lunch of quesadillas. We were excited at the arrival of Cherokee and hung out with







them as they set up their campground. We ate a delicious dinner of Rice Pilaf. Dessert consisted of marshmallows and scrambled brownies. We all sung 'Happy Birthday' to Caroline and she skipped around the room—well, under the tarp! Very nice to hang and enjoy Caroline' birth day and the beautiful surroundings.

Day 5

We ate a breakfast of cereal and yogurt, packed up our gear our tents, and drove back to Wavus, excited and eager to get back to camp. We would all be thinking of the accomplishments, adventure and fun we just experienced. There were certainly tough times and the silliest of times. There were moments that we thought we couldn't and did and times we thought we could but couldn't. We are very proud of our Cayuga Girls!





Cherokee "Communicator" Cabin

HBC: Carly Grimm
JC: Tine Lorentzen
JC: Emily Lesinski

Snowgoose 7/29

On a sunny, hot day we drove to Bremen for our day trip on the Snowgoose III Lobster boat. We boarded early that morning and were greeted by captain Mike, his crew and Luna the dog! After some sight seeing, we pulled lobster traps for inspection and kept he lobsters that were legal to keep. We learned that only male lobsters, with a body bigger than 3 + inches long, could be taken out of the ocean. We also got to fish and everyone caught a lot of mackerels! When we anchored in a small cove, the girls jumped off of the roof of the boat, and were able to swim in the 67-degree water with happy faces! Ginnie of Cherokee and Maude of Narragansett broke the current record and jumped off of the boat 135 times. We are not competitive by nature but somehow jumping off a boat into COLD ocean waters is reason enough to keep a count! We of course eagerly cheered them on with great enthusiasm! Cherokee girls ROCK!

Hermit Island 7/31 – 8/1

We arrived at Hermit Island, and it was a rainy day. Despite the poor weather, we went to Popham Beach State Park. We were able to play at the beach, and eat lunch. After Lunch, it was low tide. While the water was very low, we were able to walk really far out. After a fun day at the beach, we set up

our tents at our campsite. We made a yummy dinner of cooked carrots and chicken sandwiches. We couldn't make a fire with all the wet wood, but enjoyed s'mores anyway! It started raining after dessert, so we hung out in our tents, played cards and told stories. The next morning we woke up to a clear day, enjoyed cinnamon raisin bagels and drove back to Wavus.

White Mountains 8/7 – 8/11
Day 1

We woke up to a rainy morning at camp, cleaned up our cabin, and headed to breakfast. After breakfast, we finished packing our gear and loaded the van to drive to the White Mountains! We stopped outside of Brunswick to make sandwiches for lunch and then continued our drive to New Hampshire. We got there in the middle of the afternoon and set up our tents and a tarp to cook and eat under. Cayuga came by as we finished pitching our tents. They had one more night of their trip, and they told us all about their hiking adventures. We made chicken sandwiches for dinner, and then we walked around and explored the campground. We stopped by Cayuga's campsite to talk and wish Caroline a happy birthday. We returned to our tents when it started to rain, where we played cards and talked, then went to bed early so we would be ready to hike the next day!

Day 2

We woke up early and ate bagels for breakfast, packed lunch, then set off intending to hike the Imp Face trail. Unfortunately, there was a construction crew working at the trail head, so we couldn't get to the trail. We drove to Pinkham Notch instead and hiked up to Square Ledge, which has gorgeous views of the area. When we got to the ledge, though, we were sitting in the middle of a cloud! The fog was so thick that we couldn't see anything below or around us. It started to pour, so we hiked back down and went over to the Pinkham Notch visitor's center to wait out the rain. We played cards and ate lunch in the visitor's center, and when the rain finally stopped, we left to hike some more. We hiked a short distance up the Tuckerman Ravine trail, which leads to the summit of Mount Washington, we went to see Crystal Cascades, which is a huge waterfall. Amazingly awesome! Then, we drove a short way down the road and hiked to Glen Ellis Falls. The river and the waterfall were beautiful. It started raining again, and we were all wet and somewhat tired, so we drove into the nearby town of Gorham to explore and get ice cream. It was still raining when we returned to the campsite, so we played games in our tents until dinner time. We made orzo with chicken and vegetables for dinner. It felt so good to eat something warm! The rain stopped, and we tried to make a fire to roast marshmallows for s'mores, but the wood was too wet. We ate our marshmallows uncooked, not the same but it hit the spot! We played cards and told stories until bedtime.

Day 3

We made oatmeal for breakfast, packed up our daypacks, and left for an all day hike. We took the 19 Mile Brook trail out to Carter Notch Hut. The trail to the hut was gorgeous. It followed 19 Mile Brook, crossing the water a few times over small footbridges, and passed a number of small cascades and waterfalls. The trail was slippery, but it was a fun hike.














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Near the end of the trail, we passed by a huge pond. The clearings in the trees had amazing views of the mountains! When we reached the hut, we set up the backpacking stove we had brought and made vegetable soup for lunch. It had rained a little bit on our hike out, but then, despite the miserable forecast, the weather had cleared. The afternoon was beautiful and sunny, and we enjoyed the blue skies on our lunch break and the hike back. We got back to our campsite around dinner time and made quesadillas. This time, we were able to get a fire started after dinner, so we got to roast marshmallows for our s'mores!

Day 4

The weather forecast for today didn't look good either, so we slept in a little bit and made pancakes for breakfast. The morning was surprisingly clear again, so we took a nice, but muddy, hike up to Thompson Falls from the Wildcat Ridge Ski Area. We climbed on the rocks for awhile before hiking back and then headed back to our campsite for lunch. We ate sandwiches, then hoping the weather would stay clear, we drove over to Evan's Notch to hike to Emerald Pool and swim. As soon as we made it to the trail head, it started to thunder. Then the wind stopped and the temperature started to drop, so we had to turn back. We stopped by a neat suspension bridge over a nearby river to check out the view and then started to drive back to the campsite. We were all disappointed that we did not get to swim, but we stopped in Gorham to get ice cream and pick up cream cheese for breakfast the next morning, which raised everyone's spirits. We returned to our campsite, where we played cards and told stories until dinner. Carly made amazing macaroni and cheese, and then we had scrambled brownies for dessert. It was delicious! We hung out in our tents and played games, and listened to the rain until bedtime.

Day 5

We woke up in the morning, packed our bags, and took down our tents. After cleaning up the campsite, we ate bagels with cream cheese for breakfast and then piled into the van to drive back to Wavus! Our trip was fun, despite the rain, and we all returned to camp wet, tired, and happy. Ice cream comes to a very close running with Nature and Nurturing!!

Narragansett "Safe Point" Cabin

HBC: Shell Noiles
JC: Mya Steadman
JC: Emily Lesinski
JC: Lucy Lynch

Damariscotta Lake & Davis Stream
8/1 – 8/2
Day 1

We woke up early around 5:30 am on Friday morning to drizzly weather. We ate a quick cereal breakfast and loaded the canoes. We launched from the canoe dock at 6:30 am and started paddling around the point towards our campsite farthest north end of the lake. Our two camper-stern boats, Bridget with Emma and Hannah with Abigail, were doing really well considering they were learning how to steer and paddle properly as we went. At 8:00 am we took a ten-minuet break and let the girls explore two small islands that we stopped at on our way. They tramped around all through the water and explored every foot of the islands

before returning to the canoes to finish our paddle. We sang "Just Around the River Bend" from Pocahontas and "Be a Man" from Mulan until we hauled our boats up on the beach at Rodrigue Point. After we unloaded the canoes we set up tents and looked around our site. The weather was cooperating for the time being so the girls took a short swim in the warm lake water. They explored and laughed until lunchtime where we ate a filling lunch of pita sandwiches with salami, turkey, lettuce, cheese, and condiments. After lunch, we got back in our boats and paddled down to Davis Stream. The sun was trying to come out and it had warmed up considerably. We stopped at Jefferson Scoop and ate some ice cream before loading back up and continuing our exploration of the quite and beautiful stream. We went up stream for about an hour before heading back down the stream to our campsite. One thing that I was particularly fond of during the paddle was the girls' desire to "save the world" which meant picking up all the trash the found on the side of the stream, dragging it into their boats and taking back to our campsite so we could dispose of it properly. We got back, played some games, relaxed, and enjoyed the outdoors until dinner. We made camp quesadillas with the left over lunchmeat and cheese on tortillas. They were so good we each had seconds. For dessert we had peanut butter scrambled brownies! We cleaned up and got into bed as the sun went down ready for our paddle home tomorrow.

Day 2

We woke up at 6 am and started to pack up camp. It took us a little longer then it normally would have, but this was okay because it was the girls first time camping this year and they did not know exactly what needed to be done. After camp was packed up, we sat down to enjoy oatmeal and hot cocoa. Once that was finished and cleaned up, we loaded the boats and shoved off at 8 am. We arrived back to Wavus when breakfast was ending cleaned up our camping gear and headed back to the cabin for showers and a long nap. It was a great trip and we were proud of their paddle accomplishments and first wilderness overnight as a cabin!

Lobster Lake 8/6 - 8/10

Day 1

We woke up at 5am to get dressed and ate a quick breakfast before loaded up the trailer and headed out around 6:30 am. It was about a seven-hour drive but the girls were excited to arrive at our drop-off point. Unfortunately, due to the high amounts of rain, the west branch of the Penobscot at Roll Dam was flooded and the water was moving too fast to put-in. Instead, we turned around and headed back to Burbank, our first campsite. Just a few miles down the road from Roll Dam. We set up camp and ate a lunch of sandwiches. The girls played in their tents and were laughing until dinner when we had chicken patties with bacon. The weather was cold and raining but we stayed chipper and looked forward to our first day of paddling tomorrow.

Day 2

The morning began with rain and lots of it. Understandably the girls had a little trouble packing up all their gear so it was a good thing breakfast was easy and quick: cinnamon raisin bagels with peanut butter and a nice red apple. We ate and loaded the canoes on land and carefully launched them one by












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one down the steep bank into the fast moving river. Luckily, the water closer to shore was calm so we were able to safely wait while all the boats entered the water. After all the boats were in, we paddled off down the west branch of the Penobscot. The first thing we encountered was a small section of fast moving water that resembled a rapid, safely paddling through, we can all say we did our first mini rapid! Next, we paddled as a group in the rain for a few hours, keeping our spirits high and right before we met up with Lobster Stream we had a snack, and then continued around the river and under the Lobster Stream Bridge. Once under the bridge we met up with quite a few other canoeing groups who informed us that many of the campsites were flooded. We were grateful for this information making it safer and easier to make a change of plans now! We stayed put at the near by Ogden Cave campsite. We arrived around 1pm, set up quickly, and had a hot lunch of grilled cheese and tomato soup. After we cleaned up, we went directly in our tents for our afternoon nap! We woke up just after five and got ready to cook dinner. Around then, an older man drove up to our campsite in a boat and gave us dry firewood, matches, and lighter fluid, which we gladly accepted! We cooked up our dinner of tortellini with butter and while the campers cleaned up, the counselors started a much-welcomed fire. The rain had slowed down before dinner and had pretty much stopped for the rest of the night. The girls put on a skit and sang songs while huddled around the fire, eating s'mores. Around 8:30 pm we retired to bed and just about then, the rain started up again. Our next plan was to build an ark!

Day 3

Once again, we woke up to rain. It was decided that we would sleep in a bit to avoid being outside and in the hope that the rain would calm down. It was still raining at 6:30 am but we got up and made breakfast while the girls packed the gear. We ate oatmeal and hot cocoa, which warmed them up and got them going. We had decided the day before not to hike Lobster Mountain due to the rain so our destination on Day 3 was Big Claw. The first half of the morning went fast and despite the rain. After an hour and a half of paddling, the girls slowed down and we were all cold. We made one last effort to pick up speed and get to Big Claw. We id it! Once we unloaded the canoes and pitched tents, the girls warmed up in their tents. They were soon playing games and making skits after a lunch of sandwiches made with pita bread. For dinner, there was chicken and rice, a Mexican fiesta! The girls did a great job of finishing the food and cleaning up. The evening was spent discussing the positives of the trip as well as our personal goals. The girls thought about their attitudes on the trip during "Roses, bud and thorn". Once the fire dried our clothes, it was off to bed! Wilderness tripping has it challenges and we have proven that we can meet them and face adversity with a smile!







Day 4

We woke to a pleasant surprise…. no rain!! Ark plans were put on hold! The girls were very excited by the dry weather and quickly packed up the campsite. Before leaving Big Claw, we had a breakfast of pancakes and apples. Some of the girls even ate the cores! The lake was completely flat and we all cherished the dry weather paddling. We were almost out of the cove when we noticed a small l patch of blue sky. We all took a few minutes admiring the lake skies reflection on the lake. During this time Park Ranger Judy stopped by to tell us our intended campsite, Northeast Cove, was flooded. We changed our course and headed for Ogden South instead. Again we expressed our gratitude to all the rangers and folks who look out for us and others while tripping. Once we arrived, we unpacked, and spent the sunny afternoon drying our clothes and enjoying the warm weather. For lunch, we made quesadillas. Unfortunately, an afternoon shower rolled in, bringing the cool weather with it. The girls played games in their tents until the rain cleared. Then some of the girls paddled to nearby islands and explored. When dinnertime came around, we met up with a Boy Scout troop at the campsite next to ours. They were supposed to be paddling the Allagash but had trouble with the flooding and had had to change their trip. For some reason that we still do not understand, could not light our fire on the one sunny day of the trip. One of the troop leaders enlisted Max, their survival camp Boy Scout, to light our fire. He was good at starting a 'wet' fire and left us with a warm roaring fire! We shared our meal of Mac and Cheese with the boys around the fire they built. It was nice to have their company as we all seemed to forget about weather conditions as we chatted around the fireside roasting marshmallows. It was a great dessert and a nice way to end the day. Shortly after we bid our goodnights we tucked in our tents and went to sleep.

Day 5

On our last morning, there was a thick layer of fog covering the lake.

Hoping the visibility would improve, we let the girls sleep in a little.

For breakfast, there was oatmeal and hot cocoa with marshmallows! Although there was still a fair amount of fog, we carefully paddled back to Lobster Stream Bridge. We stopped there for a snack and just before we were going to continue to Hannibal's Crossing, we saw our van drive across the bridge! We loaded the trailer and canoes quickly and then began our journey back to Wavus. Although it

was almost seven hours, the girls were very well behaved they slept on and off along the way…staying dry this time! We broke up the length of the trip and stopped for lunch at Big G's, a sandwich shop with huge sandwiches, some as big as the girl's heads! Right before returning to Wavus, we stopped for ice cream at Jefferson Scoop. Once we arrived at Wavus, the girls quickly and efficiently unpacked and cleaned all the gear. Afterwards, the girls headed to their cabin and took showers. After five days, it was great to have warm water and we all truly appreciated the comforts we took for granted back at camp!!

Abenaki "Dawnland People" Cabin

HBC: Asia Murillo
JC: Oheema Opoku
JC: Eliza Cress

Hidden Valley 7/26 – 7/27
Day 1

We woke up at eight because we were allowed to sleep in since it was Sunday. We went to breakfast and ate the famous wild donuts YUM! After breakfast we grabbed our bags that had been packed the night before and loaded them into the trailer. We also had to bring a water jug that was so heavy it took four of us to carry! The drive to Hidden Valley was a short 20 minutes. When we arrived we unloaded everything except the water because it was too heavy and we would purify lake water instead. The hike to our campsite was 1 ½ miles. We stayed at a site called Dyer Pond and sat up our tents fast. Afterwards, we realized how hungry we were and sat down at a nearby picnic table and ate the most delicious bag of chips, salsa, and bean dip! Woooo! Then, all of us put life jackets on and swam across Little Dyer Pond to an Island. Once we made it to the Island we swam around it and explored the Island. Then we swam again and played in the waters. Afterwards we swam back to our campsite and made a circle on the ground while sitting in our crazy creeks. We talked about funny things while our counselors made us pasta for dinner! Delicious! We then talked and talked and talked and got to know everyone a little better while trying to boil some lake water for hot cocoa. However, luck would have it that rain ruined our hot cocoa plans and we just ate the powder instead. Then we ran into our tents to get ready for bed but ended up talking a lot more!

Day 2

We woke up the next morning to the sounds of "quack- quack" that we found out was actually a frog (known as wood ducks, they inhabit vernal pools)! Then all of us got to try and make scrambled pancakes with M&M's. Some of us tasted the batter raw and some of us mixed in brownie mix to make them extra chocolaty. Then we had to pack up everything and begin our journey back to the van. At one point Alexandra dropped one of the tents and forgot it on the path and had to walk all the way back to grab it. It seemed like a very long hike with all of the stuff we had to carry! Once we got back to the van we loaded in all of our gear and backpacks and filled up our water bottles with the water we had left behind. Once everything was packed safely we hopped into the van

and headed to Jefferson Scoop to get some ice cream! When we got there it was closed and our counselors decided to bring us to Round Top instead- ANY ice cream is great ice cream but most of us love their raspberry coffee twist! After ice cream we drove back to Wavus, unpacked, and even though the bug bites we had accumulated were super itchy we all had a great time!

Baxter State Park 8/2 – 8/6
Day One

Today was a long day. We woke up at 5 am and had a four hour drive to Big Moose Campsite. We set up our tents and had ham and turkey sandwiches for lunch and then went for a swim in the pond. We spent the rest of the day playing cards and the animal game. We had to go to bed early around 7pm so we could get up early and hike but it was hard to sleep with the other campsites so near. Most of us didn't sleep but we knew there were better days to come!

Day 2

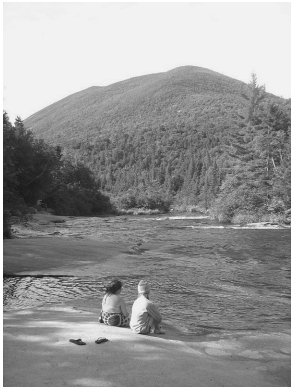
When we woke up we were a little tired but were told that we got to have a delicious breakfast that consisted of melted marshmallows and cheerios- YUM! We then decided to hike a small trail since we hadn't got enough sleep that night. We went on a trail called the Elbow Outlet to lead us to Darcy Pond Trail. While we were on the trail we were able to eat lunch and watch a moose in the distance. It was amazing! The short hike ended up being a 4 hour hike because we ended up doing two loops instead of one loop but it was so much fun and we named each area a different place like Smurf Village and Fairy Forest. Then when we got back to camp we found out that we were going to move to another campsite that was a little more secluded. We were so excited to get the chance to camp in Baxter State Park! When we had packed everything up we quickly got into the van and drove about 45mins to our new site and had to rush to set up our tents before it started to downpour. Lucky for us we did it just in time! Then our counselors had to run out into the rain and grab the cooler from the trailer and we ate Chips and Salsa in the van for dinner. Dinner was funny! We sang and passed around the bean dip and salsa and humus. After dinner we ran to our tents in the rain and chatted for a bit and then went to bed. We had high hopes the weather would turn nice the next day so we could attempt Katahdin!

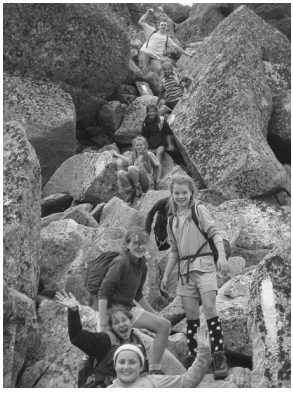
Day 3

When we woke up it was still raining so we decided to sleep in a bit to catch up on some missed sleep and hung around the campsite. We picked fresh raspberries and made M&M – raspberry- muffins for breakfast. They were so delicious! After Breakfast the sun started to come out and we sat in a circle and played mafia and the animal game. After the games we made sandwiches to bring on the short adventure through Baxter. We hiked for a little while and crossed a bridge that had a great view. We then made it to a campsite that had picnic tables and we sat down for an enjoyable lunch. Some of us played Frisbee and also played in the sand pit and made sand brownies. YUM! Nearby was a place that people could rent canoes. We helped an older couple bring in their canoe and saw that there were leeches in the water. We dared each other to touch one but no one would. After lunch we headed back to our campsite and took a dip in the cold stream. The rest of the day














KATAHDIN





we relaxed and learned how to make a splint if we were backpacking in the wilderness and needed to splint ourselves or someone else. Then we had a delicious dinner – English muffin pizzas! They were so good. Then we all hopped into our sleeping bags and this time prayed for perfect weather!

Day 4

To our surprise the weather was great! We had to wake up very early! 3am! We were moving our campsite near the waterslides so we had to pack up our tents before we left for the trail to hike Katahdin. It was actually one of the best mornings because we saw the beautiful sky full of stars! After everything was packed we drove to the bottom of the trail and then started to hike with our head lamps. It started out muddy and flat and we passed Katahdin Stream Falls and reached the part that started to get steep with rock stairs. A couple hours later we started to get near the tree line and before you knew it we were bouldering up the mountain. We still had a long way to go before we reach the table top but when we did finally make it, to our surprise the area was completely flat and it was a nice break. It took about another hour to reach the summit. Once we all reached the very top we sat down and ate the bagels and cream cheese we had packed for lunch. They tasted like the most delicious bagels we had ever eaten. We then hung out at the top for a good 45mins enjoying the views and feeling good about our accomplishment. Then we headed back down the mountain trail, the same one he hiked up on. The way back down wasn't as hard as climbing up. We stopped at the waterfalls and a couple of us were dared to jump in to cool off. Easy challenge! It was so cold! The whole group was able to make it down the mountain in 5 hours. At the bottom we all were so relieved and exhausted and couldn't believe that we had started hiking at 4:30am and finished at 6pm. We drove back to our new campsite and set up our tents, prepared and ate pasta and rice pilaf for dinner, rolled into our tents and fell fast asleep!

Day 5

We woke up and packed up our campsite and had granola for breakfast. We were all excited to be heading back to camp but also sad to be leaving. Our reward for climbing Katahdin was heading to the natural waterslides. After sliding down a couple times we were all pretty cold but had so much fun! They say cold water is good for eh muscles. After drying off, back into dry clothing we felt really refreshed! We piled into the vans and drove off back to Wavus! For lunch we were able to stop at the grocery store and were given the option to pick out our lunch and lunch and snacks. We finished up our trip with ice cream at J-Scoop and then arrived at Wavus…home sweet home…. Back at camp at last!

Beach Day 8/11

Beach Day was rained out, big time! However, we were lucky, our counselors brought us to see the movie Sisterhood of the Traveling Pants! A movie we all wanted to badly. The movie was schedule for 12:20 pm so we drove to the cinema a little early to purchase the ticket in case of a sell out…with all the rainy days we heard that the cinema was a popular destination. Then we were treated to lunch at Wendy's. We all ate chicken nuggets and French fries and enjoyed the special treat. The movie proved to

be the perfect love and friendship story. It made a couple of us cry. After the movie was over we all skipped back to the van chanting "best day ever". We drove back to camp listening to our cabin C.D. and finished up the trip with ice cream of course. YUM! Definitely one of the best days ever!







Shawnee "Southerners/ Warm Heart" Cabin

HBC: Laura Stewart
JC: Alyssa Rose
JC: Ashley Wyman

Day 1

It was our trip day today! We got up at 5am, got dressed and then headed to Jewel to get some breakfast. We had muffins and cereal - yum! We then filled up our water bottles and loaded up the van! We drove for about 4hours. Lots of people fell asleep on the way and when we finally got to our campsite everyone really needed the bathroom! We set up our tents and then went to Baxter State Park and walked 'Grassy Pond Trail'. It was a really fun hike and the view was nice. We then went back to our campsite for dinner and an early bedtime to prepare for the next day!

Hannah and Meg

Day 2

Today was our first full day at the Big Moose Campsite! We got up early and had eggs and bacon for breakfast. We then packed our day packs and headed into Baxter to hike 'The Owl'. We were all really excited as this was our 'warm up' for Katahdin. At first it was pretty easy and the view of the river from the trail was amazing! As we walked on the trail got harder and there were some obstacles - that did not stop us! We all had a blast and it was quite a workout! When we got back to our campsite Abenaki were there and we all went swimming in the lake. The water felt great after our hike! We then rested and chatted until dinner. We talked some more and played some games before going to bed hoping to climb the next day!



Jane and Yin

Day 3

We awoke to pouring rain. This of course meant that we wouldn't be able to climb Mt. Katahdin since the trails would be too slippery and muddy. After the initial disappointment we all had a low-key but fun rainy day. We had lots of card game tournaments and then ate some really good bow-tie pasta for lunch. We spent the rest of the afternoon chatting and telling stories. A little while later our Counselors told us we were going to switch campsites because the one we were at was too noisy. I have never seen our cabin move so quickly as when we took down our tents and packed up the trailer. We had time but wanted to make sure we got into the state park before they closed the gates at dusk. We made it to the park and were driving to our campsite when the hitch on our trailer gave way and the trailer came off at a standstill on a steep hill. Two of our counselors ran 2 miles in the pouring rain to get help. Then the kind park rangers came and fixed our trailer! We did have to wait over an hour in the car but we nibbled on our snacks and slept a bit. When we got to the campsite we had PB&J pitas for dinner because it was too late to have a hot meal late. Our counselors set up our tents for us to make things easier for everyone. It was still raining so we quickly grabbed our things dove into the tent and went straight to bed!

Haley

Day 4

On the 4th day of our trip we woke up and had yummy oatmeal for breakfast! We then took down our tents and moved to a new campsite where we were surprised to find Abenaki at the next site! It was raining, yet again, but instead of sitting around being bored we put on our bathing suits,









blasted the radio in the van and had a dance party in the rain. It was the best dance party ever! After that we played cards and read our books. We then ate some lunch and went on a short walk. When we came back we went to the water slides at Ledge Falls. Sadly it had rained so much it looked like rapids and was too dangerous to swim in! Instead we went back to our campsite and went swimming in the river.

At the campsite across from ours there was another camp who invited us to play baseball with them after dinner. I'm not sure who won the game but we had a lot of fun! After our game we got to eat some of our candy and then we got ready for bed and the car journey ahead of us the next day! Hannah

Day 5

On day 5 we got up early and loaded up the trailer and the van. We stopped at Dunkin Donuts for breakfast - they were sooo good! And then began our trip back to Wavus. We also ate some of our gorp and snacks on our way back. Eventually our drive was over and we were back at Wavus! :-) Hannah







Omaha "Graceful" Cabin

HBC: Leah Agren
JC: Amanda Leonard
JC: Liz Bendzunas

St Croix River Trip 7/30 – 8/3

Day 1

Today we got up at 6:20. We put away our tents and got our things packed up. After eating a breakfast of yogurt and granola we set off. We paddled for 3.5 hours in the rain and we arrived at our next campsite at 11:20. We then spent the rest of the day playing cards and taking a nap. For lunch we had sandwiches with salami and cheese, dinner was the veggie nuggets on a bun. Overall the day was fun and hard work. Tomorrow we start the rapids!

August 1, 2008

This morning we woke up at 6:20am to paddle upon the lake for a few hours. We had a breakfast of eggs with cheese, which was very filling. Around 9:30am we pulled up to the dam dock and began our portage. We finally arrived in the St. Croix River! We paddled through the rapids for about three more hours. After paddling through our most intense rapids we found our campsite and set up our tents. Now

tuckered out from 8 hours of hard paddling everyone is sitting in their tents playing cards or reading.

August 2, 2008

Today we were lucky enough to be woken up at 7:30am, two hours later than normal. After eating a breakfast of grape nuts with powdered milk (magical powder that becomes milk when you add water) and packing up, an hour after awaking we started paddling down the river. Throughout the day we went through many, rough rapids and shallow waterways. We entertained ourselves by playing 20 questions, the movie game, or just learning more about each other. At 12:45pm we arrived at Loon Bay to set up camp. Once we finished unpacking the canoes and putting up our tents we ate lunch. Lunch was bagels with cheese, turkey, or salami and peanut butter crackers. It was delicious! After lunch, we set off to our tents to read, write, talk, or add to our huge collections of friendship bracelets. And now we wait to find out what our next delicious meal will be. Cheers! (as Leah says!)

August 3, 2008

Today we woke up at 7:45. It was our last day of canoeing on the St. Croix. For breakfast we had a choice of grape nuts or granola with powdered milk. After finishing breakfast we started canoeing at 8:45. Throughout the day we were on rapids having tons of fun! Around 2:30 we ate lunch and arrived at our final campsite. A couple hours later it started to thunder and lightning for a few hours. After the storm we had dinner and got ready for a fun filled day in Acadia tomorrow!

August 6, 2008

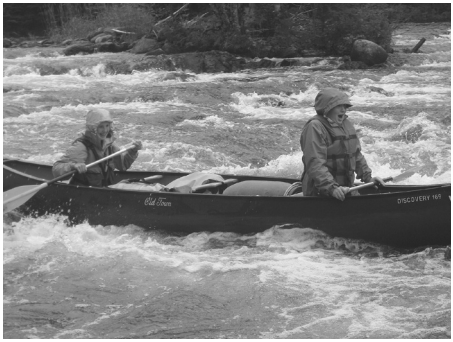
We started our day with a delicious breakfast of cream cheese on a cinnamon raisin bagel. Then we laced up our hiking boots and headed to climb up Gorham Mountain in Acadia national Park. Thankful for the weather we were able to make it to the top and enjoy beautiful views! After making it down the mountain, we had a late lunch of wraps and various lunchmeats. Then we explored the campsite and enjoyed a relaxing afternoon of Uno games and playing on the playground. Then Amanda made us a delicious dinner of personal pizzas!

August 7, 2008

On day seven, our group rose to a delicious breakfast of eggs and toast. It was very cold out so we grabbed our fleeces and raincoats and headed to the van. After that, we buckled up and drove to the summit of Cadillac Mountain. Once we were at the top, our group enjoyed a tasty lunch of peanut butter and jelly on English muffins. Once we were done with our tasty snacks, we drove happily to Bar Harbor where we ate ice cream joyfully while sitting in the park. Shortly after that, we arrived back at our camp and played at the playground. We ended the night with eating a delectable dinner of pasta in Alfred sauce.

August 8, 2008

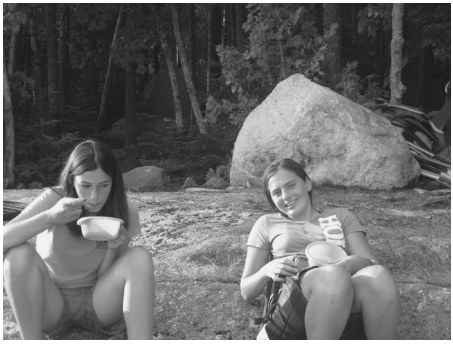
We began our day with a delicious breakfast of pancakes and syrup. After cleaning up, we all got in the van and arrived at Wonderland, a beach with many seaweed-covered rocks and small tide pools. We got back to camp around 2:00 and had a lunch of warps with various lunchmeats. After lunch we read in the tent, went to the playground, took a shower, or just enjoyed an afternoon nap. We had cheese quesadillas or cheeseburgers for dinner then we cleaned up and went back to our tents where we talked,

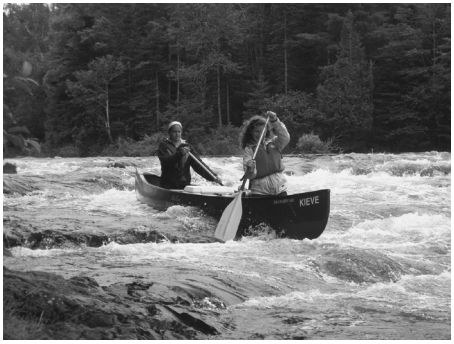

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KIEVE





played cards, and read before we fell asleep.

August 9, 2008

We woke up around seven to immediately start packing up our tents. Once our boundary bags were closed, water bottles filled, and tents down we started loading the van. Once we had packed up, we then cleaned our site for the next group to stay there. We finally set on the road, with Mohawk waving us good-bye. Although the drive was supposed to be a three-hour drive, we took a slight detour to Dunkin Donuts for dinner! We each got a doughnut treat! Once we arrived back at Wavus, we headed out in kayaks with Ojibway cabin to Jefferson Market for pizza and then off to Jefferson Scoop for ice cream! Once we got back to Wavus we started unpacking and go to have the joy of taking a shower. Now that were all clean we headed down to Jewell for dinner to reunite with the rest of camp, and we look forward to enjoying our last week here at Wavus!!



Ojibway "Fire Keeper" Cabin

HBC: Belin Mc Gehee
JC: Erin Malafonte
JC: Alina Swiadas

Beach Day

As we finished up breakfast we started a list of stuff we had to bring to the beach. "Sunglasses, sunscreen, towels, "check" everyone said. We all went and packed up our bags while thinking about what would happen during the Kieve invasion. We then headed to the Jewell to make our lunches. Turkey and Cheese sandwiches were on the menu. We then met up with Osage (the other cabin coming with us) and walked to the vans. We buckled up our seat belts, turned on the radio and were off to the beach. We arrived at Reid State Park, which is beautiful. We all put our towels out and then some girls hopped right into the water. As a couple of girls were swimming another couple of girls decided to take a walk down to the other side of the beach. As we were walking we ran into Allagash I from Kieve, it was their beach day too. We talked to them for a minute then decided to go swimming. We all swam for thirty minutes then it was time to return to the Wav. We stopped at Five Island's ice cream place which was delicious. Lexi

Bigelow Mts/At Sea 7/30 – 8/9
Day 1

Today we woke up at 5 am to the sound of Belinda's alarm clock. It was time to get hiking! We packed our blankets and the rest of our left over stuff and put it under our cabin. We then walked to the Jewell for cereal. After breakfast we packed lunches for the day ahead and got into the van. We traveled from 6:35 am to 10:40 am. Lindsay dropped us off, checked our bags and we were ready to hike! Since it was our first day we did a pretty flat trail. We stopped and ate lunch at around 11:30 am. After that we hiked

on. We got to our campsite around 3:30 pm and met a man that was thru-hiking the AT. We had a very interesting conversation with him and then went to wash off in the lake. Dinner consisted of some delicious cheeseburgers. After dinner we went back to our tents and went to sleep. Greta

Day 2

Today, July 31, we woke up around 6:30 am after our first night on the trail. We had a quick breakfast, took down our tents, and started hiking at 8:00 am. We then hiked until lunch at 12:30 pm. We took a quick rest then started hiking again. After that we started to hike up Little Bigelow. We went about a ¼ of the way up and made it to our campsite before it started storming and pouring rain. We had a hot dinner of chicken noodle and rice soup and then dry s'mores for dessert because it was too wet for a fire. Then we all headed to bed early for some much needed sleep. Mary

Day 3

Today we woke up around 7:30 am and started to pack up. For breakfast we had scrambled M&M pancakes. We started hiking a little later around 9:30 am. Since it rained the night before the trail was slippery and wet. We moved at a fast pace up Little Bigelow. It was steep but we got to the summit and had the usual lunch of pitas, peanut butter, honey and jelly. It was too foggy to see the view so we ended our break and started down. Towards the bottom it started raining which made it muddy. Because of the rain we stayed under a cave of rocks and had our dinner. Plans for dinner changed due to weather so we had power bars and peanut butter. Finally after a few more minutes of hiking we found our campsite. We set up our tents and went to sleep and got ready for our next day of hiking.

Emmi



Day 4

One this day we woke up around 6 am, and packed up our tents and back packs. Around 7 am we ate a breakfast of "Honey Bunches of Oats" cereal and dried fruit. Then we started to hike up Big Bigelow. There were a lot of rocks but we got through it. There were also extremely steep up hills. At the summit of Big Bigelow, we ate pita sandwiches of peanut butter, honey, and jelly. Everyone enjoyed them. Afterwards we continued hiking down Big Bigelow's first peak. It was very steep but eventually we made it to our campsite. Immediately we put up our tents. While half of the group went with the counselors to get some water at a nearby brook, some attractive boys passed through on the trail and we laughed and giggled. When everyone came back we got ready to eat dinner. We had mashed potatoes and beef jerky. We were completely satisfied. Then we went into our tents where we played many games such as soul mate and sponge. As we lay down and got ready to sleep we heard thunder and saw lightening. Then it started to pour rain. There was a storm but it did not endanger our campsite. Finally fell asleep and had a great rest for our next day of hiking. Curchara

Day 5

Sunday morning dawned cold with an early sprinkling of rain. We awoke at a late hour and did not rush to clear camp, but took our time enjoying one another's company while preparing for the day ahead. Mist shrouded the chill mountain air as we were warmed by a breakfast of sweet oatmeal. We were nestled in between the peaks of Mt. Bigelow. After setting off we quickly crested the West Peak, the highest point of the mountain. The hike up consisted of a steep pathway of rock, and though a challenge, the satisfaction of arriving at the top was well worth it. Unfortunately, there was a thick layer of cloud and fog, and our view was blocked by an enclosure of white mist. The descent was smooth and simple, but before arriving at our campsite we hiked another rocky peak. We took a short break and the thick fog lifted temporarily, revealing a spectacular view of rolling hills, sparkling lakes, and forests reaching far into the distance. The mood was cheerful as we descended and we reached Horn's Pond Lean To (the most used campsite on the Appalachian Trail) in high spirits. We had a filling lunch of red beans and rice, after we set up our tents. We sat together and played games all afternoon, and we had an early dinner of Mexican rice and soup. Later that night we spoke with a campsite ranger about the principle of "Leave No Trace," an important backpacking and wilderness lesson. We impressed the ranger with our knowledge of the concepts and answered her questions with ease and interest. We returned to our tents after the session for a quiet and peaceful night, after another exciting day on the Appalachian Trail. Maddie

Day 6

Today started at 5 a.m. with granola bars for breakfast, then we packed up all of our stuff and got ready for our re-supply day. We got on our packs and started down Bigelow. We were all very excited when we arrived at Stratton Brook Road, where we were welcomed by rain and then by the big white van that would take us to Bremen. We were greeted by the Osage girls and we traded gear and said goodbyes one more time. In the van we received and enjoyed reading our mail and listened to music. On the way twe stopped at Pizza Hut and we all got to have some pizza. When we arrived at Bremen we saw the JW campers and we chatted with them. That night we had delicious chicken and cheese quesadillas. They were good! For the rest of the night we had tent time, and then finally went to sleep after a long but fun day. Ari

Day 7

The Perfect Day! The Perfect Day began with a sunny morning. For breakfast, we had delicious M and M pancakes. Afterwards, we loaded the kayaks with our gear and paddled to Hog Island. We set up our tents and spent the rest of the day lying out in the sun. We had pita peanut butter and jelly sandwiches for lunch. They hit the spot! For dinner we had chicken burgers with tobasco. We then all cleaned up. That evening our counselors taught us some new games called "zoo" and "signs," and we sat on the rocks by the ocean and played as a cabin. Everyone agreed that the games were fun! We got into tents as it started to get dark, and were allowed to have tent time with the other girls in our tents. We talked and played cards till we got tired and went to sleep. It was a great day. Lillie

















Day 8

When we woke up this morning we ate a breakfast of oatmeal and then packed up our tents and kayaks. We then set out kayaking for the day. We were headed towards Round Pond Harbor for ice cream. Some clouds formed around us while we were kayaking but we made it without it raining. We all ordered ice cream as our counselors bought penny candy. After ice cream we sat on a bunch of rocks and ate pitas with peanut butter, jelly or honey. As we were eating lunch it started to rain so we went to the restaurant right up the hill and sat under a tent which blocked out the rain and cold. We then got our kayaks back into the water without portaging them because it was high tide. We went back to Hog Island because it was the closest and we were trying to get out of the rain but other kayakers had already taken up the tent sites so we set off to Crow Island. It stopped raining as we were almost there. We got there and started dinner and played some card games. The rain started again so we ate dinner in our tents. After dinner, our counselors came around and said good night. While they were saying good night they gave us some of the penny candy that they had purchased earlier as a reward for all our hard work. Even though it was raining it was a fun day. Lexi

Day 9

This morning we woke up on Crow Island. It was so cold nobody wanted to come out of their tents! We had a late breakfast of honeybunches of oats without milk, but it was still good. Mostly we hung out in our tents, escaping the cold, playing cards and talking. For lunch, we had peanut butter, jelly, and honey pita sandwiches. Later that afternoon we packed up camp and paddled to Bremen for the night. It was a quick kayak paddle, and when we got there we quickly set up our tents and unpacked. For dinner, we had pasta with red sauce and cheese, and rolls. It was really good. We also got to have pretzels and half a hot dog that was left over from the Junior Wavus group that was also staying at Bremen. Naturally, we saved room for desert. We had scrambled brownies with M and M's. We got to see Alina, our third counselor who became a JW counselor while we were out on our trip. We also roasted marshmallows with Alina's JW's cabin. It was nice they shared. We were all full afterwards, and we cleaned up and went to sleep. Sarah

Day 10

And now, time for a sudden change of plans! We woke up at Bremen breakfast of oatmeal. We thought we would have to portage our kayaks in the rain and fog, but instead we called Wavus and asked for a change of plans. (Thunderstorms were in the forecast). Wavus told us to stay at Bremen for the day/night, and we happily agreed. Wavus brought board games and dry firewood, which we stored in the boat house with us, keeping everything dry. We entertained ourselves in the boathouse all afternoon, playing cards and reading while it rained continuously outside. We stopped for a small but filling lunch of power bars and peanut butter. It stopped raining for supper, so we ate a dinner of soup and mashed potatoes outside. We then built a fire and warmed ourselves up! Before bed we went into the boat house and played some more games as a cabin. Overall, it was a relaxing, fun day! Molly

Day 11

Today we woke up late and had some really good cereal. After breakfast we got all of our gear organized and had a water balloon fight. A few minutes later Lindsay came and picked us up! After loading the kayaks onto the trailer we headed back to Wavus. When we arrived back to Wavus we decided that because of the sunny weather we would get back into our kayaks and go to Jefferson for some pizza and ice cream. After some delicious food we kayaked back to Wavus and unpacked our stuff. We then ended our eventful day by showering for the first time in 11 days! Samantha

Osage "The Wise" Cabin

HBC: Sam Clews
JC: TJ Parker
JC: Ellen Perkins

At Sea/Bigelow Mts 7/30 – 8/9
Day 1

The first day of our trip: We woke up at 5.15 am and kayaked out of Wavus around 8 am! We had cereal and fruit for breakfast at Wavus. We paddled down Damariscotta Lake and stopped on an Island with a rope swing. We ate just as many blue berries as we did pita bread sandwiches for lunch and continued paddling to our portage site. We didn't have to carry the kayaks because we found a grassy route from the Lake into Damariscotta estuary and pulled (and had pull us) the kayaks 90 feet to the water. Before getting into the kayaks we walked to a bridge over the lake. Everyone jumped in (some reluctantly) and by the then the tides were ready for us to continue out to sea. Sam was worried about the current being too strong, so she kayaked ahead to the sea. The tides were perfect though and the rapids were fun enough just to get a little wet. After that we docked onto a public boat landing at Schooners' and were driven to Bremen. We were then told our tent groups and our cooking groups. There would always be one cook in each tent group which made things move a lot faster. After a long day, and then pitching tents we cooked our first meal: Chicken and veggie burgers…YUM!

Mary and Leilani

Day 2

Today we woke at 6.30 am. We left Bremen around 9:15 am and kayaked to Strawberry Island. There were no strawberries, but plenty of Blueberries and raspberries. After we had tents pitched we realized the tent platform was getting dangerous and Ellen, TJ and Sam had us take them down again. While this was happening Sam had to save a kayak that the tide had taken!

On the way to Island number 2: Crow Island, we saw seals! They were very cool. We saw them all sunbathing and then they jumped in the water and came over to the kayaks. When we got to Crow we pulled up our kayaks and pitched our tents. We had a late lunch before the rain started coming down. For the rest of the afternoon we explored the island, had one minute medicals with the counselors and had Nachos for dinner. We went to bed around 9 pm ready for sleep.

Mary and Leilani

Day 3

This morning we got up early and packed away our gear. We left our tents up because it was really foggy and the councilors wanted it to be safe before we went kayaking. We made oatmeal for breakfast and then decided to go.

We stayed near the shore line of Hog Island and then had to use coordinates to get to Indian Island and then to Thief, where we would be staying that night. Everyone liked Crow Island, but agreed that Thief was even better. Once we were there we pitched our tents and made lunch: rice-veggie-soup. YUM! After a couple of hours of exploring the island, napping and relaxing we had a dinner of rice and falafels, FOLLOWED BY SMORES!!! Mary and Leilani

Day 4

We got up early this morning on Thief Island. We had a slow start but once ice-cream was in the picture we decided to hurry. In 2 hours flat we got to Round Pond where we bought PB and bananas for sandwiches and had ice-cream! YUM!! After our excursion to Round Pond Harbor we moved quickly to Hog Island for the night. Dinner was leftover rice and falafels. After a wonderful desert of scrambled brownies (editors' note: In hindsight these girls were totally spoilt, which was a good thing, because hiking would be a different story) we settled down in our tents into what we thought would be a thunder storming night. We fell asleep with the promise of a late start. Elena and Alex & Samantha

Day 5

Today we woke up later than normal. Instead of the normal am "Girls wake up!!" we had a roll in breakfast and woke up at 8 am. As soon as most of the cooking group had packed their stuff, they got breakfast together. Breakfast was Honey-Bunches-of-Oats and Cheerio's with milk powder and water. As soon as all the tents and everyone's gear was packed away Sam, Ellen and TJ went to have a meeting. When they came back they told us that instead of paddling back to Crow for lunch and then to see the seals again, we were going to get into our kayaks and paddle as fast as we could to Bremen. A thunderstorm was coming and we needed to get off the water. Once everyone saw the Snow goose III and the Kieve/Wavus flags flying high we paddled as hard as we could to get to the boat landing. Sam told us that we needed to get the tents and our gear out of the kayaks and flip them over ASAP. As soon as the tents were pitched we came together under a huge tent. The lightening was so bright and the rain was pouring down! Sam decided to make us a great hot treat… HOT chocolate… (Editors note: Thanks for the recognition girls!) Once everyone had hot chocolate we decided that it was now lunch time. We had PB sandwiches and after the rain let up (the thunder kept rolling though) there was some sun so we decided that would be great time to reading. After that we had a dinner pasta and tomato sauce. To close the night we played a game of mafia. Cricket and Lilly

Day 6

Today we left the kayaks behind and headed for the Bigelow's. The girls were ready to get their teeth sunk into something a little more substantial. We arrived at the part of the Appalachian Trail where we would be hiking for the next 5 days. The girls worked hard at dividing the food, the tents and the backpacks (that we gladly swapped dry bags for, with Ojibway) in the rain. Ojibway looked tired. Osage campers hiked their first mile with smiles and we arrived at our first A-T camp ground with plenty of light. The tent groups and cooking groups were shuffled around. Most of the campers were reluctant to this because over the last 5 days they had really bonded with












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their new BFFs (for those of you, like my self, that needs help with jargon sometimes, that mean Best-Friend-Forever). They also learned how to tie bear bags to the branches of tall trees and this provided entertainment to the councilors for at least 20 minutes. We had another one of our many Debrief's this night. (The campers will remember the 'tuku tuku' said "took-o took-o" which means 'talking stick' in Maori.) We had an early night, eager for an early start. The trip was about to get far more intense than even I had realized. Sam

Day 7

We woke up at Cranberry Stream Camp Ground and had mashed potatoes for breakfast, because no one knew how to make hash browns (editor's note: and no-one asked...), which is what we were meant to have. Luckily it wasn't raining when we began our 3 and a ½ mile hike up the mountain to Horns Pond Lean-Too's which is where we spent the night. For dinner we had extra pasta from the night before and more mashed potatoes. Then we went to bed early for the hard day of hiking ahead.

Nikka and Gemma

Day 8

Today was most definitely one of the hardest days. We left the camp site at about 7.30-8am that morning. Then about an hour into hiking Elena fell and injured her knee. Cricket's knee also started playing up. So we rested for about an hour and had an early lunch/snack while we discussed our options. We decided to keep hiking slow and resting more often. This particular spot on the mountain we hiked today was very steep and challenging. As we got closer to the summit it got a lot colder and wetter due to the altitude increase. Reaching the summit was a real challenge. Once getting to the top we were all exhausted and drenched but now the wind was unbearable. Since there were no trees blocking the cold wind we are getting blown over and would have to hike close the ground. Fortunately, heading down from the top the camp site we were staying at was not very far from the summit. We got there only minutes before dark and regrettably had to set up our tents in the rain. We fell asleep wet, cold and exhausted, both mentally and physically, but accomplished.

Ed. Note: The girls will probably remember this day and night for the rest of their lives. The Bigelow Mountain was sitting in a cloud that produced heavy cold rain and hail. This night Ellen and I handed out Pita bread, PB and honey to every camper. Even though many had no appetite they were made to fuel their bodies. The moral in the tents went from upset, cold and wet to giggling, warm and wet. Kendal showed bravery in fulfilling her promise to the counselors. She got out of her warm tent into the rain to tell us that her tent mate Mary was not getting any warmer. Mary spent the night in the counselors' tent cracking jokes and sleeping close. Paris

Day 9

Today was the day we hiked out of the AT towards the laundry mat. Even though we could have continued down the AT the rain would not hold up and the councilors were worried that if we didn't get a change of dry clothes then we'd be in trouble. Even though the campers had kept their sleeping bags in dry bags and their thermals in snap lock bags our gear was still saturated. The hike actually turned out to be enjoyable. The rain didn't cease until

the afternoon, but we were climbing down boulders instead of up and there was one river in particular that we had to mission across/through. At the laundry matt we were able to use a flushing toilet (!!!), throw away any garbage (rubbish) we had and buy pizza for dinner. We pitched our tents at the site we were planning on staying that night. Dry, rested and refueled were ready and back on the trail! Sam

Day 10

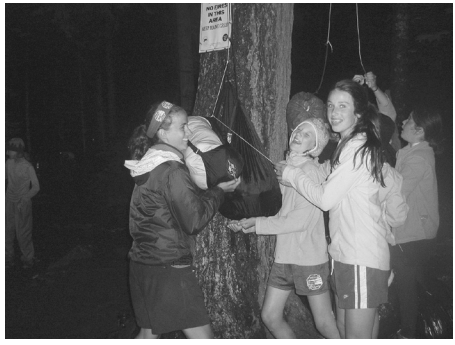
We slept at the Bog-Brook Road campsite last night. We woke up at 5.30 am and had cheerios without milk. We hiked 5 miles to West Carry Pond where we planned on spending the night. Our pace was fast, despite the rain (again) and we arrived there at 1pm. TJ and Cricket made the pancakes in the lean too. (ed. Note: If the weather was bad the following morning we would not be able to use our MSR firelights to cook so we wanted to cook everything we could while at the lean too.) Ellen and Sam made us cheesy pasta. We also had pasta soup. This was a very early dinner. We had a group vote whether or not to hike to the next campsite. The councilors thought it would be a good idea, because the hike the follow day was going to be 6 miles and we were to be picked up at 11am! We agreed and decided to walk an extra 3 ½ miles. We stayed at the camp ground called East Carry Pond. We arrived at a campsite and redirected our intentions and happily pitched our tents as dusk rolled in. A quick eat and into our tents we gladly went welcoming sleep after an 8 ½ mile hike through mud, slush and water.

Kate and Gemma

Day 11

Today we woke up at a good time: 6 am, knowing that it was only a short 3 mile hike! Wahoo!! For breakfast we had cold pancakes with brownie batter. Once all the tents were down we headed off onto the road. TJ said, once you come to a dirt road, turn right and there we waited. We had gotten there an hour and a half early. (ed. Note. By this point the girls had hiked in such incredible conditions that when given a little sunshine and a decent surface the pace was great!) While we read, played cards and finished our tripping notes we saw a white van coming with Heather in her car behind it. Once we saw the driver we jumped to "The One." Once our bags were in the trailer and the music was going he said we were going to get lunch at Big Gs. After lunch we also went to J scoop where we saw our buddies Ojibway and Omaha. After ice cream we got in the van and headed back to the Wav to make an entrance, we blasted the music and got psyched to see everyone at camp!





Allagash "Cabin by the Water" Cabin

HBC: Mary Anna Lynch
JC: Lizzy Bates

Allagash River Trip 7/30 – 8/12
Day 1

The first day of our trip was very interesting! We all awoke around 5 am, it didn't take too long to wake-up. We put the last two canoes on the trailer (we had loaded the rest the night before) and all of our boundary bags and group gear and food. We went up to the Jewel and got our breakfast. Finally were on the road. We stopped at two gas stations and a rest area. Not going to lie, but we were in the middle of NO WHERE! I enjoyed it, it was different. Then we went on this very looooonnng gravel road, it was so bumpy. And it was quite scary! Finally we arrived to Hannibal's Crossing on the Penobscot River. We all got out and started to unload the van. So we all got in the water, well most of us. Then Sarah drove back past us after turning around and her tire exploded! It was so bad. I felt really bad for her. She stopped a car and got a ride back, thank the lord. So we all started canoeing. It's actually really not that bad. The ranger stopped by and talked. Then we finally arrived at Big Island! It was so great! =) Everyone unpacked and set up our tents at the first campsite. Then some of us went swimming and it was nice and cool. Then Elise got a leach on her foot!! But Mary Anna got it off so it's all good. I'm just kind of homesick, I'm not sure way, I just am. I hope am not so homesick anymore. Well, I had a great first day! And we saw a moose! Bay

Day 2

We woke up early and enjoyed a yogurt and granola breakfast and started paddling for what would be a very long day. We paddled down the river to a lake and continued on lakes all day, having a late lunch (around 3 pm). We stopped at The Store for root beer and fudge. The Store is in a tiny town that is over 3 hours from a town and is run by 2 men. The goodies are homemade and delicious. The lakes were windy but we were able to manage. When we finally got to our very muddy campsite we decided to start our Mud Pond Portage. Most of us completed the 2 miles with our canoes that night. Mac and Cheese was dinner, which tasted very good, right up there with the root beer and fudge. It was a long day but it took a weight off our backs for what we would have had to do tomorrow. Elise

Day 3 - THE PORTAGE+

We got to sleep in for a little while longer today because we had already made progress carrying our canoes. We were a little nervous about the portage initially but we were glad we had gotten part it out of the way. Mud Pond was incredibly hard, for some. Most people ended up carrying their own personal boundary bags and group gear. Those who didn't portage their canoe the whole way yesterday had to do that as well. It was tough. We were at least thigh deep in mud for part of it and I bet every single one of us fell or tripped in deeper at some point. A few people slipped onto their backs-it was kind of funny =) It took us several hours and we had to switch off carrying group gear. Those who finished carrying their gear came back to help the girls who were still trekking through. There was a lot of great teamwork. Everyone was beyond relieved when it was over. Every single girl in our cabin worked their butts off doing that portage and

we were incredibly proud of ourselves. Right after we finished the portage, we had Oreos as a sugar snack, warmed up playing a dance game, and loaded the canoes to paddle across Mud Pond. We then went down a stream which twisted and turned to another lake. There were rapids on the stream which was a nice surprise and pretty fun! We collided into some rocks but we soon made it to the lake. The wind was tough on Chamberlain Lake. We made it to Gravel Beach soon enough. We stepped out of our canoes, feeling accomplished and we were covered in a layer of mud. Once we got moderately cleaned up we went to the beach and relaxed. Two brother cabins from Kieve were here-Long Voyage and Allagash 2. At first it was awkward but eventually we warmed up and started hanging out together. We ate pasta for dinner and then sat around the fire. The Allagash 3 guys pulled in really late, after coming from Big Island to Gravel Beach in one day. We have a rest day tomorrow.

Alex

Day 4

Today was by far our best day yet considering it was rest day at Gravel Beach with some Kieve boys, making it really fun! We started the day by making M&M pancakes for breakfast after waking up a couple hours later than we normally would-so great! Then Kasey, Bay, and I canoed a few miles with Lizzy to grab our resupply food so that took a little bit but it was rewarding once we got back (just beating a monster storm!) Once we got back everyone stood on the beach waiting for the rain to drench us because you could see the black clouds speeding in. Meanwhile, Grav Beach was in the sun and then amazingly the rain moved to the right, missing us completely. After hanging out with the guys for a while we started dinner where our insanely awesome chef Claire made us delicious cheeseburgers. Then after a great rest day the boys made a campfire and we all made s'mores and then eagerly went to bed for a little earlier so we could have the needed energy for the next days of paddling.

Emily

Day 5

We finally had to leave Gravel Beach after a wonderful stay there. We paddled across the lake once the rain let up and crossed a dam. After the dam we paddled down a stream and then the rest of our day was lake paddling. We entertained ourselves during the long day with camp songs and "99 bottles on the wall." We arrived at our campsite and enjoyed the sun. We laid our stuff out to dry and frolicked in the water. We made dinner which was tortellini and cheese, followed by nice, warm hot chocolate to put us to bed. Like every other night we fell asleep to the sound of pouring rain, relaxing but not so peachy come morning wetness.

Alaire

Day 6

Today we got up at 6 am enjoyed a granola, fruit, and yogurt breakfast and paddled across a few lakes. We stopped for breaks along the shore because it was extremely windy and raining. We finally got to Jaws, our campsite and the sun came out! We played canoe wars in the water and ate lunch. The canoe wars were TONS of fun! Pretty soon it started to rain again and we quickly gathered our clothes that were lying out to dry. The rain shower passed and we then ventured out of the tents again. A Boy Scout group landed at the campsite next to us. We met them and they were all very polite. We (counselors too!) played








WAVUS









cards and swapped stories with them. It was a really great afternoon with only a little rain.

Day 7 - Jaws to Churchill Dam….and then still Churchill Dam

Today we woke up early, chipper to embrace the first morning without wet nets. While loading canoes after breakfast we noticed a moose in the distance. The second one we have seen the whole trip. As we paddled further down the lake we saw 2 more moose up close interacting with each other. When we reached Churchill Dam after about an hour of lake paddling the dream of running Chase Rapids was crushed. The constant rain had caused a swelling on the river that would change our plans and that of all the paddlers on the river….. However, we had a glimpse of hope with us to keep continuing down the river. There would be an assessment from the ranger one we were helped to portage around the fast rapids. We packed up our gear and canoes in the van and portaged around the rapids. Unfortunately when we got to the other side the counselors and rangers inspected the river and saw that it was running way to fast to safely travel. We headed back to Churchill Dam and waited to hear further news. It was decided that we would wait and camp at campsites at the Dam with the hope of the river slowing down in the next few days (we have rest days we can take and still make it to the end in time). The river was running at 29,000 cubic feet/second. It usually runs at 3,000-7,000. We spent the rest of the morning relaxing and playing fun games. Later, afternoon sad news came. A park ranger informed us that we would not be allowed to continue along the Allagash Waterway. They were closing the river. The Kieve boys who were further up the river and also a day behind us were also being pulled off as well as all others. The river was just too dangerous. We anticipated what we would do for the next week of our trip. The campsite was nice and we made a campfire, roasted s'mores and shared funny stories. A bunch of us slept under the stars. It didn't rain that night and the sky was perfectly clear. The stars were amazing.

Day 8 - Churchill Dam ALL DAY

Today we got up at 7:30 am after a nice sleep under the stars. We were told that we were to be picked up at 9:00. We were out by the road at 8:45 and waited, and waited, and waited, and waited some one. No one came. In order to pass the time we went swimming and played manhunt with Gash 3. Finally a van pulled up at 11:00am. We ran towards it but stopped once we saw a boy counselor driver, meaning it was Kieve van. The Gash 3 guys drove away and we were left at Churchill Dam for some more waiting. We ate a lot, read, and visited the Allagash History Center at the Ranger Station. Finally at 5:00 pm we decided to set up camp for the night because it had begun to rain. Just as all the tents were set up Sara drove in. We quickly took down the tents and loaded everything up and piled into the van. Three hours later we arrived at the Northern Outdoors Center and went to sleep.

Day 9 - RAFTING!

Today we woke up at about 6:00 am to start our day of rafting! It was a wet and cold day but we were still excited. After cereal for breakfast we walked into the POC lodge where we collected gear for rafting-wet suits, life jacket, helmet and paddle. Then we and a group of other rafters took a very bumpy bus ride to the rapids.

Once we reached our destination one of the three rafting guides talked us through the safety properties of rafting while a man filmed and took pictures of the group. Then our cabin was split into two rafts and we began our rafting experience. The rapids included a twelve foot waterfall and consisted of 2 class 5 rapids. All the others were 3 and 4 class rapids. They were awesome! We stopped once for a snack break and a chance to warm up. We played an energizing game of boom-boom-chang and then continued on. At the end of the trip we took the same bumpy ride back to the lodge. We were all relieved to dry off and warm up. We got to use the hot tub! After a delicious hot lunch of steak, chicken, salmon, rice and other amazing food, cooked by the rafting guides, we watched a video of the rafting. It was fun to share it with everyone. Our cabin stayed in the lodge that afternoon, reading by the fire, playing board games, and drinking hot chocolate. At around 7:00 pm we set up the tarp and got ready to cook dinner. We made English muffin pizzas for dinner. Our cabin took a trip back to the lodge to discuss the second leg of the trip we would paddle the St. Croix.

Day 10

Today was a very easy day. We woke up and drove 3 ours to the beginning of the St. Croix, which is the border between Maine and New Brunswick Canada. We all LOVED listening to music in the car after being way from it for so long. We stopped at a grocery store to pick up more food and were surprised with orange juice and snacks. Upon reaching Vanceboro, we put our canoes in the water and began an easy paddle. There were some fun rapids but there were tons of rocks to get stuck on so steering was a key focus for both stern and bow. Our campsite overlooked some large rapids (Little Falls), which we portaged around for fear of tipping. We are all sad that we couldn't finish the Allagash but we know the St. Croix will bring lots of exciting experiences.

Day 11

Today we began our first full day of paddling on the St. Croix River and it definitely was a great day! We went through so many rapids which was a major improvement from the lake paddling we had all done thus far. Unfortunately, as funny as it was, Alayna and MaryAnna capsized at one set of rapids and then at another, Claire and I got stuck on an invisible rock. That was hilarious because Claire had to get out and push us off the rock and I started floating away, attempting to paddle upstream to Claire until she ran from rock to rock trying to get to me…I'm pretty sure everyone laughed until they cried. Anyways, after a day of canoeing we arrived at our campsite at Loon Bay just in time for SUN!! We were so happy and excited that we all sat outside until dinner and swam. We ended the day watching a gorgeous sunset and sitting around a fire.

Emily

Day 12

This morning Lizzy and MaryAnna let us sleep in a little bit. After breakfast, we loaded up our canoes and were on our way. Within a few minutes we came across a small waterfall. Lizzy and I went first and on the way down got stuck on a rock so we had to pull the canoe back up and do it again. We got down smoothly that time and so did everyone else. Thankfully, the day was mostly sunny, which was a really nice change from the wet weather we have come to expect. After an easy

















paddle (compared to lake paddling, the St. Croix is a peace of cake) we reached our campsite but there were already people staying there so we had to turn around and paddle back upstream to one that was not nearly as nice. Bank 1 joined us at the campsite. That night we played Iron Chef against the boys. We made apples with peanut butter and honey, artistically arranged on a plate for appetizer, delicious Gado-Gado for the entrée (it tasted much better than we had expected!) and for dessert Claire made Oreos covered in either nutella, peanut butter, or fluff, with a stickers bar and M&M on top. We won by a mile because the boys' pizza was cold, pasta was dry and plain, and they dropped their peanut butter Oreos in the dirt. As a reward for winning, the guys had to do all the dishes and entertain us. Later we had a campfire together and hung out until it was time for bed. The St Croix would be busy…looks like everyone from the Allagash were now paddling St. Croix. No surprise.

Day 13

We woke up later than usual today, as we were in no hurry to get to our campsite for the night called "Mosquito Island". We had a breakfast of pop tarts and then hung around Egg Point (our campsite) for awhile. We left around 11:00 am and reached a dam we had to portage around. The men working at the dam very generously offered to drive our gear around in their pick up trucks. It was great. We continued down the fast flowing river, floated a bit and then after a few hours of paddling arrived at Mosquito Island only to discover that there didn't seem to be place to camp. Instead we paddled across the lake to the take-out boat landing where we were to be picked up the next morning. We decided to camp here. We pitched our tents in the woods and cooked our favorite-pesto pasta. After dinner we went to bed, anxious to wake up and get picked up.

Day 14

Today was our last day on the trip and we were to be picked up at 9 am. We woke up at 7 am in order to be ready in time for Sara Taylor to arrive. For breakfast we had an assortment of leftovers. After we ate we sat in the drizzling rain (what a surprise!) and waited for the legendary white van to pick up. At about 8:45 am I saw the van in the distance and announced it to the group. We had a moment of celebration. When the van pulled up we ran towards it jumping and screaming. We loaded it in record time. We blasted the music and sang our hearts out. For lunch we stopped at McDonalds and ate to our hearts content. It was amazingly delicious. When we finally got back to the Wav we were greeted by some campers and happy counselors. We unloaded our stuff and took showers. For dinner we arrived late, blowing whistles and portaging canoes through Jewel. We caused a commotion. Everyone started cheering for us. Our evening activity was eating ice cream at J scoop. After the ice cream expedition we returned to camp, went to bed, enjoying being back in the cabin.



Iroquois "Community" Cabin

HBC: Elise Lindsey
JC: Meg McFarland

Snowgoose 7/26

Today on the Snowgoose it started out a bit foggy so Captain Bill decided to boat over and watch lobster boat races in Friendship. It was adventurous and waves from the boats made the Snowgoose rock back and forth giving it an amusement park affect. The sun came out and we swam, jumped off the boat, checked lobster traps, fished, ate lunch, appreciated the sun's rays, and ended with an enjoyable ice cream stop at J-scoop.

Iroqouis-100 Mile Trip 7/29 – 8/13

Day 1

The journey begins at 6:30 am. A great car ride with tunes, 7 girls, 2 counselors, and "The One" all pumped for a great adventure. We got to our planned campsite by lunch so we decided to carry-on. We are very impressed with the strength and positive attitudes. We are camping next to one of the tallest waterfalls on the AT, Little Wilson Falls. We made friends with Oren & Hershel. We are already feeling very hardcore.

Day 2

Lauren is the Group Leader (GL). We started hiking at 8:00 am and crossed a few challenging streams, luckily there were ropes to balance with as well as Toh Poh our lady hiker acquaintance.



We again were at the planned campsite by lunch so we decided to carry-on. We enjoy the lean-to's and reading the log books from everyone's travels. Tonight is a delicious meal of rice & beans, sausage, and pesto.

Day 3

Emma=GL. Since we booked it the prior days we only had to go a few miles but it was uphill. We can definitely feel the calves burning. We arrived at cloud pond and washed our clothes, oh yeah. It is foggy and looks like Narnia. Dinner was homemade mac N' cheese, hit the spot!

Day 4

Francke=GL. Rest Day. We spent the day reading, napping, washing hair, and cooking. We had muffins, cous cous & sausage, brownies, and cheesy potatoes. It is a bit rainy so our clothes are still wet, we are happy. We met a Canadian group of hikers and we also found out that Oren & Hershel turned back.

Day 5

Lindsay=GL. Longest hiking day ever. We trampled 12 miles. Soggy feet, many falls, tears shed, and emotions stretched. We found a quick campsite and called it a night after 12 hours of hiking.

Day 6

Re-supply was a party & a half! Sara Taylor got us tons of great food. Our packs our heavy but our spirits are high. Everyone seems to be feeling pain but we are a team & will work through this together. Feast of chicken, potatoes, green peppers and onions. We camped by Free bird, Pam & Tom, Sir bacon and the speedy boys that kept eyeing our food.

Day 7

Kayla=GL. 4 mountains today! We yelled "we are… hardcore" at the top of each of them. While on the top of White Cap it started pouring rain on us. We are getting used to being wet all the time and are noticing how strong we are becoming.












BAXTER
STATE
PARK





Day 8

Caroline=GL. 11.7 miles today. Cooper falls is beautiful! We caught up with the French boys and gave them their tie that we had found. Tonight we are having and Italian dinner. Finally the sun is shining and hopefully our clothes will dry.

Day 9

Rest Day, very relaxing… We swam in the falls and the stream but there were tons of leaches, I'm sure passersby loved hearing us scream as we jumped in.

Day 10

Francke=GL. 11.4 miles by lunch! Delicious quesadillas for dinner, fuel the mule!

Everything is still wet but we are happy that the boys gave us ginger & cinnamon hot chocolate. We had a big Iroquois slumber party in the lean-to.

Day 11

Lauren=GL. Hiking was long but quick like yesterday. Everything is muddy so it adds an extra challenge. For dinner we had cheesy potatoes. We are near the French boys again and had fun talking to them and singing songs in the lean-to while the rain poured down.

Day 12

Sarah=GL. Long day hiking but a delicious dinner of rice & beans. We are living off the remains of our food and are so excited for the store tomorrow.

Day 13

Caroline=GL 4 am wake up so we can get to the Abol store. We stopped at rainbow ledges and picked blueberries in hopes of making pancakes with them. We also got a great view of Katahdin. We made it to the store, 11.9 miles by lunch and it is sunny! Once we saw the road we ran! Today is all we could have dreamed of and more. We pigged out, swam and floated in the river, soaked in the sun, and enjoyed the privy with toilet paper and an air freshener. Life is Good.

Day 14

Lindsay=GL Leisure hike with a stop and the Big Niagara falls for a nap in the mist. We are in Baxter State Park and are in awe of toilet paper & clean smelling people. We are camping at the base of Katahdin. We have met a few people finishing the Appalachian Trail.

Day 15

Rest Day and service. We picked up trash and had the campers convinced that they were in charge of cleaning out the privy. It was relaxing and we keep looking up at Katahdin in excitement to finish out our journey. Lindsey arrived and cooked us Chicken Parmesan we also had Megan's mom's homemade cookies.

Day 16

Wake up at 3:30 am to hike at 4:30 am with headlights. Things feel much lighter without our packs and Katahdin is beautiful! The conditions are challenging with mud, boulders, and some fog but we are happy especially since we are wearing tiaras. The view from way up is breathtaking and summiting is indescribable, at the top we yelled "We are…hardcore" and "We love Kayla". We were happy to complete it and get back to life. We will never be the same people after this trip. The lessons learned are priceless and cannot be expressed in words but can be seen through the character displayed in each of us. We are hardcore.






KATAH



































A Day at Wavus

7:30 - 8:00 a.m.	Reveille and clean up (add ½ hour on Sundays & rainy days)
8:00 a.m.	Flag Raising & Songs
8:10 a.m.	Breakfast
8:40 – 9:10 a.m.	Duties, Cabin Clean-up
9:30 - 10:20 a.m.	First Activity Period
10:30 - 11:20 a.m.	Second Activity Period
11:30 - 12:20 p.m.	General swim
12:15 - 12:30 p.m.	Free Time
12:30 p.m.	Lunch/ Afternoon Activity Sign up
1:15 - 2:15 p.m.	Rest period
2:30 - 3:20 p.m.	Third Activity Period
3:30 - 4:20 p.m.	Fourth Activity Period
4:30 - 5:15 p.m.	General swim
5:15 - 6:00 p.m.	Free Time
6:00 p.m.	Dinner
7:00 - 8:00 p.m.	Evening Activity
8:00 p.m.	Flag Lowering and Taps
9:00 – 9:30 p.m.	Lights Out
9:30 - 10:00 p.m.	Flash Light Reading

We Were Busy With…

ARCHERY ENVIRONMENTAL POTTERY
ARTS AND CRAFTS DISCOVERY TENNIS
BOATING FISHING – spin cast and fly ROPES
Sailing, canoeing, FIELD SPORTS RIFLERY
kayaking Soccer, kickball, SWIMMING
BAKING/COOKING badminton, volleyball, WOODWORKING
basketball

And In The Evening With…

Cooking, board games, knitting/crocheting, drama/improv, music, Wavus Log (newsletter), water volleyball, talent shows, specialty crafts, community service, star gazing with a telescope, evening fires with storytelling and s'mores!

Wavus Dictionary: Campisms

announcements (a-NOWN-smants) noun: the declaration of daily information that is preceded by the infamous "ANNOUNCEMENTS!" song (you know how it goes), and is directly followed by the actual announcements
use: *"Does anyone have any **announcements**?"*

the Beaver (BEE-ver) noun, place: the infamous (and hidden) counselors' lodge, reportedly said to have a giant candy aisle, movie theater, Olympic-size swimming pool, and llamas; located under Andrew's Hall
use: counselor: *"I was in **the Beaver** this morning, and it is a complete mess!"*

Buff and Green (BUFF and GREEN) nouns, classic Wavus: Buff and Green refer back to ye olde days of Wavus Camps; whenever teams were split up for sporting events, they were assigned either the color Buff (a creamy off-white) or the color Green (in this case, the Wavus Green – forest green)
Use: *"For tonight's game of Capture the Flag we will be dividing into two teams: **Buff and Green**!"* (then you have to explain to the kids what kind of color "Buff" is…)

the Gash (GASH) noun: abbreviation for the Allagash Cabin, can be used to refer to the cabin. Or its residents, as a whole
use: Upon the Allagash's arrival from northern Maine, campers shouted, *"The **Gash** is Back! The **Gash** is Back!"*



Giles the Gnome (GUY-yuls the NO-mm) proper noun: a specific gnome found here at Wavus; Giles has a knack for hiding
use: *"Has anyone seen **Giles the Gnome**?"*

E.A. (eee-ay) noun: one of the many abbreviations for things at Wavus, E.A. is short for "evening activity"
use: *"Hey, do you know what the **E.A.** is for tonight?"*

FIND IT! <clap clap> **FIND IT!** <clap clap> exclamation: when someone has lost or misplaced an item, they are met with this chant
use: *"I lost my water bottle!"* crowd yells, ***"FIND IT! FIND IT!"***

FOUND IT! <clap clap> **FOUND IT!** <clap clap> exclamation: when someone has found an item that does not belong to anyone, and wants to let the group know
use: *"I found this water bottle down by the docks."* crowd yells, ***"FOUND IT! FOUND IT!"***

G-Swim (JEE-swim) noun: abbreviation for *general swim*
use: *"I found a leech at **G-swim**!"*

G.O.R.P. (gorp) noun: abbreviation for "good old raisins and peanuts," commonly used as the name for any trail mix
use: "*I can't believe we ate that giant bag of* ***G.O.R.P.****!*"

GUN SHOW (gun-SHOW) noun: referring to one's giant arm muscles
use: "*Check out this* ***GUN SHOW****!*" <flexes arms and grimaces>

O.R.T.-free (ort-FREE) adjective: abbreviation for *organic trash*-free, generally referring to when one has eaten everything that was on her plate, also can be used as a chant
uses: a.) "*I'm totally* ***O.R.T.-free****!*" <shows friend a completely clean plate>
b.) one group shouts, "*Yippee, Skippee, we're* ***O.R.T.-free****!*", another group shouts back "*Yippee, Skippee, so are we!*"

the Penguin (PEN-gwin) noun, place: the infamous (and top-secret) campers' lodge, reportedly said to have an even bigger candy aisle than the Beaver, I-MAX theater, a roller coaster, giant ball pit; and actual penguins; located inside one of the port-a-potties on the Point
use: camper: "*Whew! I just came back from* ***the Penguin****…I'm a little dizzy from the roller coaster!*"

skip around the room (skip-aROWND-the-ROOM) phrase: when it is one's birthday, or an otherwise momentous occasion, one is forced to actually skip around the room as a form of celebration, used as a chant
use: "***Skip around the room***, ***skip around the room***, *we just won't stop until you skip around the room!*"

Swim USA (SWIM-ew-ess-ay) noun: part of the waterfront program, Swim USA is an activity where the participants swim "across" the whole USA. Each state is worth a certain amount of laps, depending upon its size (for example, Maine = 20 laps, while Texas = 55 laps), with a total of more than 1,000 laps for the whole country
use: "*I finished 5 states at* ***Swim USA*** *today!*"

Wavoose (wav-OOS) noun: one hailing from Wavus Camps; adjective: describing something from or unique to Wavus Camps; slang: for Wavus Camps
uses: a.) "*Here come the* ***Wavoose****!*"
b.) "*I was competing in the* ***Wavoose*** *Iron Girl events.*"
c.) "*Welcome to* ***Wavooooose****!*" (extra "*oooo*"s for dramatic effect)


Grease
SCHOOL
VERSION















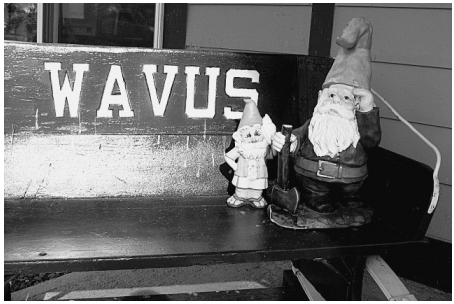
Giles the Gnome

Hello to all our fans. Delphinium and I celebrated our final days at Wavus, otter paddling, zipping away on the aqua zip, island swims with the local loons, eating ice cream at Jscoop's remaining opened days, roasting gnomemellows at the council fire, reminiscing about you all and collecting lupine seeds for Delphinium to take back to spread the Wavus beauty on the West Coast.

I wish to thank those who ducted tapped my wounds that kept me looking respectable this summer. Delphinium and I also thank all those who built a number of fairy houses at Wavus and elsewhere for our many fairy relatives. They loved them all …even the temporary ones.

Soon I return to my winter home located beneath the Moss Elm tree just off the lakeside pathway near the crib. We Gnomes generally do not share a lot of information with campers but sense we just completed our third summer and heading into our fourth





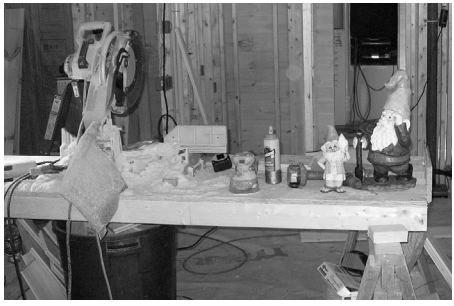
I thought you should know where I live. The underground Gnome and fairy community is quite comfortable, pleasant and extensive. It actually extends out under the lake, thru the narrows and into the Muscongus Bay area region. It is here we get to see our Kieve Gnome neighbors. It is not often, but when we hike the underground journey to Kieve we spend time with the Kieve Gnomes swapping camp stories while sipping sweet warm lichen tea.

We miss you all and look forward to your return, similar to me welcoming Delphinium's return each year! It's our hope you will all meet the challenge of finding us in our camouflaged locations next summer. Until then, do as the Gnomes do;

"Laugh lots and dream big."

Sincerely,
Giles the Gnome
and friend Delphinium

P.S. As master builders, we oversee all new construction at Wavus. Hope you like our work.



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Kieve West – Summer '08

Kieve-Wavus Partners with the High Mountain Institute

For many years, the High Mountain Institute (HMI) and Kieve-Wavus have enjoyed an informal relationship. Over the years, Kieve veterans have worked for HMI and several Kieve-Wavus kids have attended HMI's semester. In addition, multiple HMI graduates have worked for Kieve-Wavus as counselors. Summer 2008 was the first time though that these two non-profit organizations joined forces and formally worked together.

The High Mountain Institute is a school based in Leadville, CO. The primary program is a semester for juniors in high school called the Rocky Mountain Semester (RMS). The RMS offers students the opportunity to focus on rigorous academics while developing their community and leadership skills through participation in a small community on campus and on three wilderness expeditions through the heart of the Rocky Mountains. In essence, the RMS combines some of the best qualities of an academic program at a rigorous boarding school with the adventure of a summer backpacking expedition.

This summer, Kieve West '08 welcomed twenty-four students who hailed from far and wide including nine states, Bermuda, and Norway! The instructors for the two groups included long-time Kiever Forrest Mehlhorn, Kieve counselor Phil Samaha, three instructors from HMI, and a friend of Katie Moulton's, Anne Spruill.

They went on their backcountry hikes. One group went down to the San Juans while the other group hiked a little closer to Leadville in the Sawatch and Collegiate Ranges. After their backcountry hikes, the students returned to HMI for long-awaited showers before spending three days rock climbing.

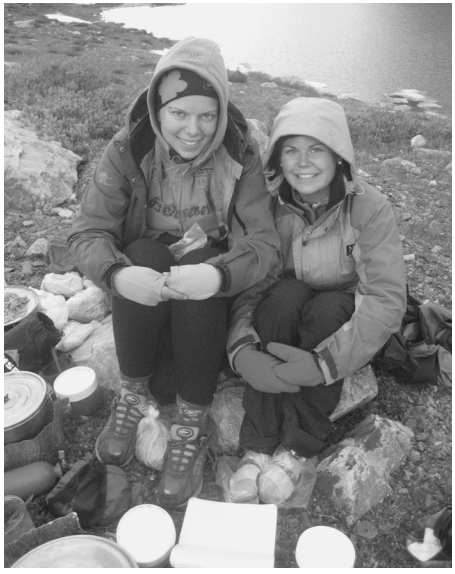
Cooper Mallozzi, long-time Kieve camper and counselor, and the former HMI Science teacher, joined one of the groups along with his wife Carrie, to teach the climbing section. Both groups spent their final day white water rafting together on the Arkansas River which, although a little tame for the experienced Kievers in the group's midst, was a great, relaxing way to conclude a memorable 25 days spent in the Colorado Rockies!

Kieve Wavus is excited to partner again with HMI for Kieve West '09. We look forward to the opportunity to help train the next generation of Kieve and Wavus counselors and to continue to refine the Kieve-Wavus / HMI relationship!

Kieve West participants will continue to swell the ranks of counselors at Kieve and Wavus – bringing with them the energy, confidence, and compassion they honed in the Rockies.

Come share in the experience ~ there are mountains to climb!









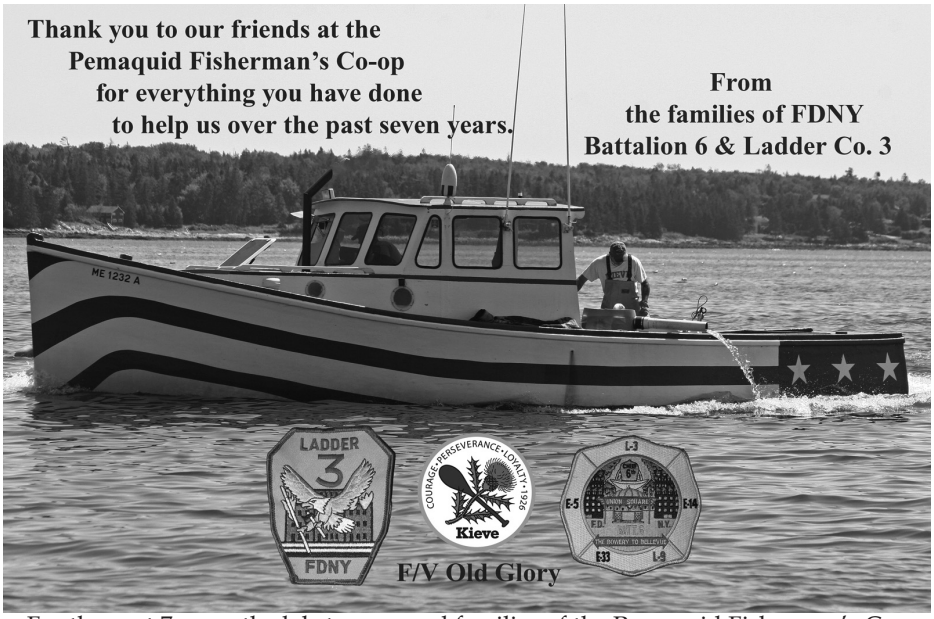





7th Annual 9/11 Family Camp

We hosted our 7th Annual Family Camp for families from FDNY Ladder Co. 3 & Battalion 6 and Cantor Fitzgerald in New York as well as The Pentagon. This year we had another magical week with 135 participants and 20 volunteers starting the day after boys' camp ended.

Families again went fishing with avid bass fisherman & Maine Guide Ron Gerard, water skiing on the lake with Bill Mallory. Kieve opened the ropes course and aqua zip along with all the normal in-camp activities like sailing, canoeing, kayaking, archery and riflery to name a few. Daily outings were offered that included a sail on the Schooner Eastwind and a cruise on the Nellie G II from Boothbay Harbor. There were trips to Stonewall Stables for horseback riding, The Union Fair, Colonial Pemaquid, Coastal Maine Botanical Gardens and a hike up Ragged Mountain in Camden and Dodge Point in Newcastle. One of the evenings the firemen took over the kitchen and prepared a delicious dinner for everyone with the help of Chefs Jim Dorian and Dan Unruh followed by fun and laughter by jugglers Two: "High Energy Juggling" from Buckfield. On the last night there was once again great music by Bruce Marshall. For the 7th year the Pemaquid Fisherman's Co-op provided a wonderful authentic lobster bake including lobster, clams, onions, corn and eggs and delicious blueberry wedding cake for a Pentagon couple who spent their honeymoon at camp. The final evening included a surprise performance by Bagpiper Chris Pinchbeck and Oysters from Mook Sea Farms opening by a "veteran shucker" and Boy's Camp counselor James Riddleberger. We had a special treat this year with newlyweds joining us for the week. CJ & Cassie (Johnson) Carter were married in Virginia the Friday before camp started and were at camp for their honeymoon. In addition to enjoying the "honeymoon" suite in the apartment of Memorial cabin, they were also treated to a night at The Bradley Inn on Pemaquid Point thanks to innkeepers Beth & Warren Busteed.



For the past 7 years the lobstermen and families of the Pemaquid Fisherman's Co-op have hosted families from our 9/11 Family Camp for an authentic lobster bake. One of the boats is "Old Glory" (the sternman, Brian Eugley, is wearing a Kieve t-shirt!)

Alumni & Family Adventure Camp - Our 2nd Awesome Year!

We had a full camp with 13 families and 60 "campers" joining us for a week of fun and games the day after girls camp ended at Wavus. Once again the staff at Wavus was great, from the minute Suse & Elise greeted everyone on Sunday afternoon to the last day on Friday. We laughed, played, relaxed and enjoyed all the many in-camp activities offered. Posted daily were choices from canoeing, sailing, kayaking, archery, riflery, tennis and, of course, swimming in the wonderful lake. Other fun activities included pottery with Malley Webber learning to throw on the wheel or hand sculpting a creation, along with various and arts crafts. Pick-up games of soccer, tether ball, ping pong and ring game easily filled the in-between times. And there were those who chose the quietness of sitting in the rockers on the porch, reading and enjoying conversation. Elise organized a kid's treasure hunt and an entertaining Carnival Night for the kids while the parents had the night off to go out to dinner.

Sisters Elise and Marae Lindsay were the day to day "energizer bunnies," keeping the whole group active and engaged throughout the day. They made the job look so easy from the time the flag was raised to the last evening activity. Their consistent energetic, upbeat, smiling demeanor always made everyone feel comfortable and welcomed. Elise and Marae's patience was endless and their sense of humor kept us laughing!

Asia and Leah instructed the ever popular archery and riflery. Pris and Bill Watson were on hand as ambassadors and helped where needed. Bill, an avid sailor brought his Lightning sailboat over for a few trips out on the lake and offered sailing in the afternoons. Pris was kind enough to share all of her treasured camp yearbooks with us.

On and off throughout the week Holli, Kara and Julie offered climbing challenges on our Adventure Challenge Course which is always a hit for both the young kids and the ones who still think they are!

In addition to filling the days at camp, we also had fun on offsite trips going on the Snow Goose III, a trip to the Maine Coast Botanical Gardens, horseback riding at 100 Acre Wood and a couple of boat rides to the Jefferson Scoop for ice cream. One evening was spent at Kieve enjoying comedy and juggling entertainment performed by Two: High Energy Juggling along with the families from the 9/11 Family Camp. All in all it was an awesome week and we look forward to more fun and games next year!





Session 1 ~ 2008



Session 2 ~ 2008